

ENERGIZERS

Exercises of 5-15 minutes that aim to get the energy level up. Include a physical element often.



Purpose

The ability to focus is increased when you do physical exercises. Make the participants move to get the blood flowing and get oxygen to the brain.

Physical exercises to do

Get inspired by these videos:

- [Fun 3-minute squat](#)
- [Wall sit](#)

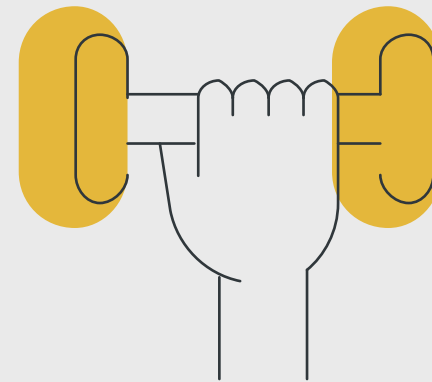
Visual setup

Video on – if you dare!

HOW TO DO IT VIRTUALLY

Steps

1. Introduce the purpose and the process.
2. Instruct the participants in the exercise.
3. Put on some workout music.
4. Have them perform the exercise in front of the camera.
5. Acknowledge them the whole way through.
6. Ask the participants to unmute to increase the experience of “being in it together”.



SPELL YOUR NAME BACKWARDS

Energizer

IM

Purpose

To get some energy!

Steps

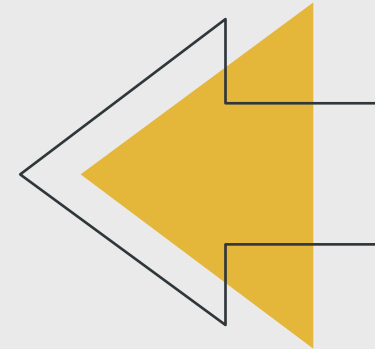
- Ask the participants to spell their name backwards.
- Post the names in the chat.
- All participants say their own name backwards.

Alternatives

You can also do it with:

- The city they are in.
- Their favourite artist.
- Their favourite meal.

HOW TO DO IT VIRTUALLY



TEAM TOUR

Energizer

IM

Purpose

- Show people where you are working from.
- Creates trust.
- Connect to each other.

Preparation

None.

Visual setup

Video on.



HOW TO DO IT VIRTUALLY

Steps

1. Introduce the purpose and the process.
2. Each person has one minute to give a tour of the place where they are currently located using their webcam.
3. Describe where you are (co-working space, office, home, outdoors), who else is there, and what it is like to work there.
4. Let the other participants ask you questions.

MULTITASKING

Energizer

IM

Purpose

To get a short break, a laugh and move your body.

Preparation

None.

Visual setup

Use your camera for more good energy!

HOW TO DO IT VIRTUALLY

Steps

Introduce the purpose and the process.

STAND UP!

1. Draw the number 6 with **your hand** in the air.
2. Draw the number 9 with **your foot** in the air.
3. Draw the number 6 with **your hand at the same time as you draw** the number 9 with your foot.

THE RED CHALLENGE

Energizer

IM

Purpose

To get a short break, a laugh and move your body.

Preparation

A slide with red items and a countdown clock on the screen.

Visual setup

Use your camera for more good energy!

HOW TO DO IT VIRTUALLY

Steps

1. Introduce the purpose and the process.
2. Find as many red things as possible in one minute. Only things you can show in front of the camera count.
3. This is a competition – you can win!
4. The time starts now.
5. All participants write the number of red items in the chat.
6. You ask the winner to show the items to make sure that they are not cheating – and cheer for him/her.

Purpose

To reflect on an idea, a decision, a suggestion or a problem in smaller groups while getting some fresh air and recharge some physical energy by getting out of the chair.

Preparation

If needed, a slide on who will team up with who. Either predefined groups or for people to sign up/in or annotate names.

This requires a solid Wi-Fi connection or phone options outside of the office.

Visual setup

None!

Alternative

Do your meeting or part of it as a podcast, so you design for your participants to go for a walk and listen to your inputs.

HOW TO DO IT VIRTUALLY

Steps

1. Introduce the purpose and the process.
2. Pose the question(s) to discuss and at what time to be back.
3. Ask people to connect in pairs of two using their phones (if they are in the same country, part of the same organisation and have each other's telephone number). An alternative is to call each other in Teams.
4. Meet in plenary and ask people to click "raise hand" and share key insights from their discussions or write them in the chat (ask them to elaborate in plenary).
5. Sum up on how to proceed.