

Energizers online for workshops/activities on Democratic Citizenship topic

- **Welcome**
- **Wake Up project presentation**
- **Facilitator presentation**
- **Presentation of participants - name game, knowledge game**
- **Presentation of the purpose of the meeting and the activities to be carried out. Workshop theme - Group dynamics** - The workshop presents a series of exercises on group dynamics such as energizers and teambuilding for practitioners in education on democracy. The exercises covered in this workshop are easy to use by trainers, facilitators, coaches and teachers who want to energize and strengthen their teams in order to increase their performance.
- **Exercises:**
 - **Exercise 1** (10 min) - Brainergers - physical exercises that involve simple movements, but performed simultaneously with both limbs (or with the fingers of both hands, etc.) which raises the degree of concentration and difficulty in performing them.
 - **Exercise 2** (20 min) - The session begins with rhythmic, cheerful music. Then the participants are asked to give as many answers as possible to the question “*I wish my cat / dog could... ..*” for 3 or 4 minutes, without thinking too much, to try to be spontaneous. Of course you tell them they don't need to have a dog, cat or any other pet. They write down their answers individually on paper, then are either asked to share them with the group. Depending on the time available, invite 3-4 or more to share their list. The activity is done with all the cameras and microphones on, because it generates spontaneous joy, noisy laughter and thus creates a very dynamic atmosphere.
 - **Exercise 3** (10-15 min). Mima online. The facilitator will invite a volunteer from the group to mime, writing him what to mime in the chat (privately). The participant will mime and the group will try to guess. Guess the correct answer by chatting. The facilitator will follow the chat and will give the winner the new role of mime and so on. I hope in the end, the participants can determine what will be mimicked. As a proposal could be occupations: plumber, doctor, lawyer, journalist, mentor, youth worker (we must put the youth worker last - to be able to connect with the next session).
 - **Exercise 4** (20-25 min) - Counting exercise: participants must count from 1 to 15 (or as many as you choose) without setting rules in advance who is going to say the next number and without doubling (without say the number at the same time).
 - **Exercise 5** (5-10 min) - Dance. The facilitator chooses a "danceable" song and the participants are invited to dance, in front of the room or not, as they prefer. If there is enough time, you can choose the song together with the group.

- **Exercise 6** (15 min.) Game “What would I take with me on a desert island?” Each participant must say an object / thing / phenomenon etc that I think could take with them on a desert island. The facilitator will tell them whether or not it is allowed to take that thing / object with them. Participants must guess the rule according to which the object is accepted or not. The rule is that the name of the object starts with the initial of the participant's first name.
- **Exercise 7** (10 min) - Gymnastics - The facilitator or a participant proposes a movement that the group repeats. It is important that each movement is clearly explained and then exemplified. Sometimes a good music and an engaging voice help.
- **Exercise 8** (15 min) - The facilitator asks the participants to write in the chat a single word that means an object or something with which they have daily contact, or something common or something they see around them then at the moment. After everyone has written down a word in the chat, you tell them that they have 4 minutes to choose one of the words written in the chat as a continuation of the statement "My life is like....", Of course arguing it. For example. in the chat are written the words: phone, water, plate, perfume, vest, etc. A possible answer could be "My life is like a hat - sometimes exceptionally beautiful, sometimes completely ridiculous" etc. Ask participants to share the sentences either directly to the group or in the chat. I recommend a combination: 2-3 I share with the group, the rest I write in chat. Because he is a humorous exergizer, you can ask him to keep his microphones open so that the laughter can be heard.

Conclusions: The role of energizers in the training activity: delimitation of work sessions, dynamization of the group, stimulation of participation, stimulation of the playful spirit and appetite for learning, gameification of learning.

Assessment - a word that characterizes the workshop, each participant shares ideas on how to use the methodology learned.