



Conference Energiser Program

100+ people (2 mins)

1. [Gotcha](#) - sure-fire game that is guaranteed to generate lots of laughter

Props – none

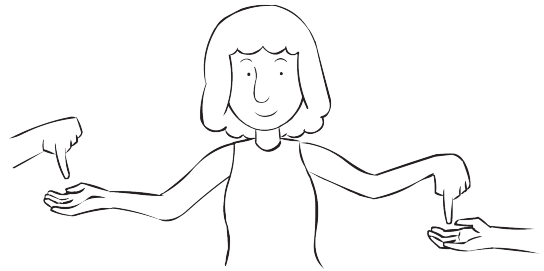
Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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1. Gotcha (2 mins)

1. Form a circle, including yourself, facing inwards and standing side by side.
2. Ask everyone to hold out their right hand palm-facing up towards their right-hand side neighbour.
3. Ask everyone to place the end of their left pointer finger into the open palm of their left-hand neighbour.
4. On "GO," everyone attempts to catch the finger of their partner in their right palm while also avoiding their finger being caught by their left-hand neighbour.
5. A person who successfully catches a finger in their palm yells "GOTCHA!"
6. Repeat several times, or try one of many variations.

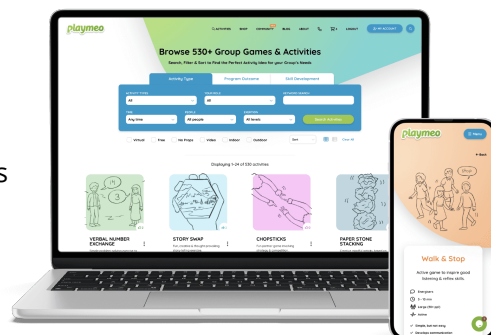


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