

Conference Energiser Program

100+ people (10 mins)

1. Clapping Game – *passive, whole-of-group exercise which quickly gains people's attention*
2. Story of Your Name – *fascinating exercise which focuses on background of people's names*

Props – none required

Step-by-step instructions for each of these activities are provided below.
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1. Clapping Game (1 min)

1. Stand in front of your group, and get their attention.
2. Explain that every time your hands cross in front of you, you want the group to clap loudly once.
3. Test your group's reaction by crossing your hands in front of you once, and expect a loud clap.
4. Continue to cross your hands in front of you several times, slowly at first, and then gradually faster.
5. Trick your group by making it look like your hands are about to cross, but stop just short.
6. Continue with varied series of arm-crossing moves for no more than a minute.



2. Story Of Your Name (9 mins)

1. Ask your group to form into small groups of two to four people.
2. By way of demonstration, explain the story or background of your own name by describing the origins or history of your first, middle and last names.
3. Encourage people to share what they know, with an emphasis on sharing, not so much on entertaining.
4. Once all small groups have shared, invite one or



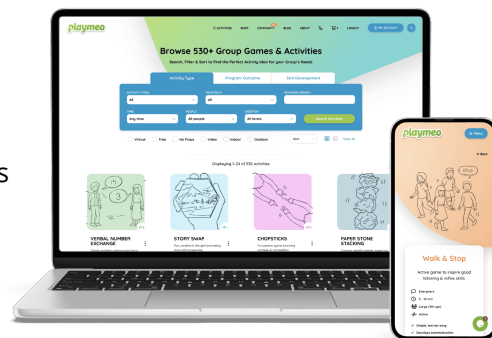
more volunteers to share anything interesting that they learned about their partners to the large group.

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