

Warm-Up & High Energy Program 12 people (10 mins)

1. [Thumb Wrestling In Stereo](#) - hilarious re-working of a classic partner game
2. [Psychic Handshake](#) - quick random method to mix & form smaller groups
3. [Toe Tag](#) - rapid-fire partner tag game

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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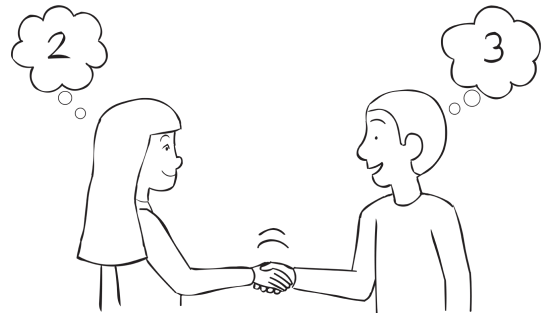
1. Thumb Wrestling In Stereo (4 mins)

1. Form partners.
2. Instruct each person to extend both their left and right hands and to curl their fingers inside the matching palms of their partner.
3. Starting with opposing thumbs side-by-side, each person aims to pin their partner's thumb under their own thumb first.
4. Best of five rounds wins.
5. Swap partners and repeat.



2. Psychic Handshake (3 mins)

1. Assuming you need four groups, ask everyone to think of a number 1, 2, 3 or 4.
2. Invite each person to mingle and shake hands with as many people as possible.
3. Each person should only shake their own hand (and arm) the number of times of the number they are thinking, and then firmly stop shaking.
4. When two people shake hands the same number of times, they belong in the same group.
5. No talking or extending fingers, but laughter is

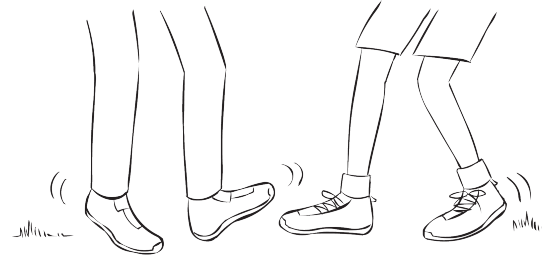


permitted.

6. Continue shaking until every person discovers their group, and the required number of groups has been formed.

3. Toe Tag (3 mins)

1. Ask your group to form into pairs.
2. Start by standing back to back with your partner.
3. On "GO" each person spins around to face their partner and attempts to 'tag' the other's toes.
4. A person scores a point for being the first to make a successful tag.
5. Play several rounds, first to earn three points wins.

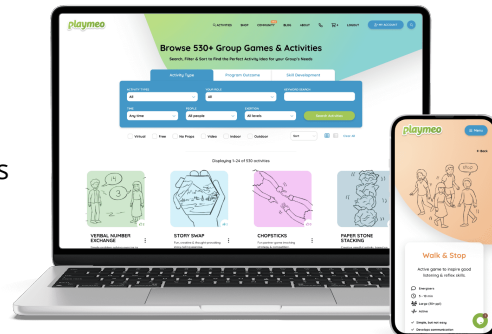


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