

F1

Energiser Bang!

Bang is a group game, played in a circle, where participants must react quickly or face elimination. One person stands in the middle of the circle as "the sheriff", pointing at other players who must quickly crouch while those on either side of them quickly "draw" and shout the other person's name



TIMEFRAME

05 – 10 minutes



GROUP SIZE

8 – 40 people



FACILITATION LVL.

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COMFORT ZONE

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Use it to...

- Generate laughter in a group
- Help with name-learning for groups getting to know each other
- Re-charge



MATERIALS AND OTHER REQUIREMENTS

- N/A

Walkthrough

1. Standing

Ensure that space allows for people to form a circle without obstacles (you may form a circle with seated or standing people, but please avoid to have both at same time.

2. Open

If applicable, present the talking token (refer to A5 - Ground rules) - Provide indications of the flow of sharing (start and direction of sequence; or random) - Highlight "supportive field of awareness", "safe and non-judgemental space", "active listening" and "leanless of speach" as core underlying principles - If this is the first sharing circle with this group, start yourself to set the tone. Otherwise, you may choose either to open or close the circle.

3. Share

Stay alert and receptive as an active listener, intervening to clarify or remember rules only if the sharing stream is at risk of being corrupted ((in these cases, you may want to "call for

silence" as defined in A5 - Ground rules) - Let all participants share once, before asking if someone feels like adding something

4. Close

Thank everyone for sharing and, if time allows, recap what you felt to be the most frequent and surprising insights from the circle.

Notes and tips

At the end...

The sharing circle should wrap up the morning session. As attention-span should be fastly decaying at this time, you should keep it short and move to the clarification of arrangements for the lunch break and/or info on regathering for the afternoon session.