

## **1-2-3-4**

**(5 minutes)**

**WHY:** A quick and fun energizer to grab attention and have a bit of fun!

**HOW:**

**Equipment:**

- N/A

**How to complete:**

- Form groups of three people and stand facing each other, each person extends their arm and makes a fist. Each group of three is versing another.
- A mentor will count **1-2-3-4** and on **4**, all three people change their fist to holding out some fingers.
- The goal in the group is for all three hands to add up to 11. Although nobody in the group is allowed to speak a word or non verbally communicate.
- If the group is wrong they can't change what's on their fingers they have to wait until the next round.
- If no group achieved the magic number of 11 then the mentor counts again **1-2-3-4** and on **4** the actions above are repeated. If a group did happen to get 11 congratulate them and go into another round.
- Keep the energy up by running rounds quickly after one another and keep the groups guessing!
- Keep repeating rounds until you have had a couple of goes and there has been at least one group to get 11.

**WHEN:**

- This activity is a great way to start a session and get some laughter and good energy in your group.