

GOTCHA (5 Minutes)

WHY: This activity is great as an energizer and also an icebreaker, allowing students to get up and moving and to have a laugh.

HOW:

How To Complete:

- Ask participants to stand in a circle facing inwards.
- Participants are then to place their left hand out flat, palm side up – the hand should be pointed towards the person on the left.
- Participants then place their right index finger in the palm on the person to their right.
- As the facilitator you need to call the word 'GO' – participant's will need to attempt to grasp the index finger of the person to their left, whilst simultaneously escape the attempted grasped of the student on their right.

It's often valuable to do a demonstration prior to the activity being run.

Another option for a lengthier activity, you can start off in pairs, run a few rounds and then ask participants to join another pair (forming a group of 4) and continue to do this.

Want to make it more challenging? You can introduce new rules, such as changing the 'GO' word after a few rounds, or asking participants to close their eyes. Have FUN 😊

SAFETY:

- Make sure the space is appropriate for some level of movement.
- Great to have a bit of fun, but be gentle – fingers can be fragile!