



Mentoring Advanced Placement Mentor Energizers and Games

The Basics:

Sometimes energy is low, and you just need to take a break and have some fun. Many of the students you work with might have ideas for energizers and games as well. You can encourage them to lead these activities as needed! Here are some simple ideas.

The Activities:

The human Knot

Purpose: Get energized, warm up and have fun

Time: 5-15 minutes

Ideal Group Size: 4-8 people per group

When: Any time

Supplies: None

1. Stand in circle
2. Everyone put their right hands in circle, and join hands with someone.
3. Put left hand in circle and join hands with a different person.
4. The goal is to untangle the knot-without letting go of hands. At the end of the activity, you should be standing in a circle again (some people might be facing in, some out).

Facilitation Tips and Modifications for the Human Knot:

- Some people aren't comfortable with close personal contact. A modification is to have a person hold on to someone else's clothes, or a piece of yarn or string that the other person is grasping.
- Sometimes this takes a long time! Be prepared!

Group Juggle

Purpose: Get to know each other, get energized.

Time: 5-15 minutes

Ideal Group Size: 5-20

When: Any time!

Supplies: Several small, soft balls. It's fun to have a nice, squishy variety. Also fun to have a rubber chicken, or some sort of surprising object to add to the mix.

1. Stand in a circle. Tell the group we are going to juggle together! Explain that we are going to throw the ball around the circle so that everyone has it one time. Explain that we are going to call the name of the person we are throwing it to to get their attention. Tell them to remember who threw the ball to them, and who they are throwing it to, because we will be repeating the same pattern.
2. Toss the ball to someone. Start with a soft, easily grasped ball. Say the name of the person who you are tossing the ball to.
3. Keep the ball going around the circle from person to person, until everyone has had the ball ONCE and only once.
4. Repeat the same pattern, only faster.
5. Once the group is getting it, keep throwing the ball around so there is no pause before starting over. Add another ball. Play a couple rounds with two balls, then introduce a third, a fourth...As many as you can!
6. It's great to have something really silly to throw. Keep the silly object hidden until you throw it into the mix so it will be a surprise.
7. When ready to end, just keep balls as they come to you to take them out of the mix.
8. Debrief: What made this fun? Easy? Hard? How did people react when a rubber chicken was added to the mix?

Facilitation Tips and Variations for Group Juggle:

- Depending on the group, you might have to talk to them about throwing the ball nicely. The goal is to help the person you are throwing it to catch it!
- If you are a group that know each other well, try using middle names, last names, place of birth, etc. instead of first name.

The Line-Up

Purpose: Get to know each other, get energized.

Time: 5-15 minutes

Ideal Group Size: 10-20

When: Any time!

Supplies: None needed

1. Have group stand in a line in no particular order.
2. Explain group challenge: To line up from oldest to youngest without talking at all.
3. When they appear to be done, test by asking people their ages, and birthdays.
4. Did they do it? Were there any mistakes? What made this hard? What made it easy?

Modifications for the Line-Up:

- Have people line up in alphabetical order by their middle names
- Impose a time limit

Snowball Fight!

Purpose: Learn concepts, have fun, be silly, relieve stress

Time: 5-20 minutes

Ideal Group Size: 5-30

When: Any time!

Supplies: Sheets of paper, one question written on each sheet. There should be at least one sheet of paper per participant, plus at least 5 extra in case any get lost. Paper should be crumpled to resemble a snowball.

1. Explain to group: We are going to have a snowball fight. Let them know it's OK to throw snowballs at you!
2. Start throwing "snowballs" at group. They'll quickly catch on.
3. Let snowball fight continue for as long as people are having fun.
4. After a few minutes, call an end to the fight. Ask everyone to gather one snowball.
5. In circle, one at a time, people unfurl their snowball and read the question written within. They answer the question, and the group discusses.

Question ideas:

- Any getting to know you, or general silly question.
- Concepts from AP class (word definitions, etc)

- Facilitation Tips and Modifications for Snowball Fight:
- Make sure to make extra snowballs, some are guaranteed to be lost.
 - If you don't have time to pre-make the snowballs, have students make them, then crumple the paper and start the throwing.
 - You can also bring balloons:
 1. Have everyone write a question on a small slip of paper.
 2. Fold paper, put it in the balloon, blow the balloons up.
 3. Bat balloons around the room a bit.
 4. Pop balloons then read and discuss questions.
 5. Very fun and stress-relieving. The disadvantage of this is that the papers get soggy with saliva!

Common Ground

Purpose: Have fun, get to know each other, increase energy

Time: 5-10 minutes

Ideal Group Size: 10-20

When: Any time!

Supplies: Some sort of place marker for each person minus one. This can be sheets of paper, post it notes, pieces of tape, etc.

1. Stand in an evenly spaced circle, with enough room to move around a bit. Distribute place marker to everyone in the group, and have them mark their place on the floor.
2. The facilitator should be in the middle, and will not mark his or her place.
3. Explain activity: We are doing an activity called common ground. I am going to make a statement starting with "I have common ground with anyone who..." If you share the common ground with me, you have to move, and find a new place to stand (look for open place markers). If you don't, you remain in place. The person without a place to stand has to take over and make the next statement.
4. Make the statement, and get a place in the circle. Play until group is energized.
5. Make sure to clean up your place markers when finished!

- Facilitation Tips and Modifications for Common Ground:
- Make sure to have a few common ground statements prepared in advance. Some ideas: I have common ground with anyone wearing jeans. I have common ground with anyone who has brown eyes. I have common ground with anyone who likes physics. I have common ground with anyone who is nervous for the AP test. Etc.
 - You could also do this in a line if you have a very small group, and just have the facilitator list the common ground statements. Take one step forward if

you have common ground with the statement, and remain in place if you don't. See how the group fans out and discuss.

MAP BINGO

Purpose: Have fun, get to know each other, increase energy, learn something new

Time: 10-15 minutes

Ideal Group Size: 7-20

When: Any time!

Supplies: a BINGO card, and pen for each participant.

1. Create a Bingo Card. You can create and print a table before hand, or you can have the students come up with the questions and draw a grid themselves. See below for sample.
2. Players circulate to find people who match the description on the card.
3. Different players must be used for each square.
4. When someone has a row or column of matches they shout "Bingo!"
5. Continue a second round to see who can get blackout (you most likely will have to allow people to use the same name 2 or 3 times for this).
6. Debrief and go over each question-and which names could fit.

Facilitation Tips and Modifications for MAP Bingo:

- Early in the year you can use simple getting to know you questions. Later in the year, try placing subject matter definitions in the squares, or problems that someone would have to solve before writing their name.
- See below for a sample bingo sheet.
- Consider making it only 4 rows and 4 columns if you have a smaller group!

Sample BINGO sheet:

B	I	N	G	O
Speaks more than one language	Loves math	Has a pet	Has met someone famous	Was born the same month as you
Does volunteer work	Has more than 2 siblings	Wears contact lenses	Has the same favorite color as you	Can play a musical instrument
Works on the weekends	Is vegetarian	FREE	Hopes to go to college out of state	Has more than 2 email addresses
Is taking more than one AP class	Is wearing the red today	Is having a great day	Plans on having a career in science	Knows where your mentor works
Is the youngest in the family	Went to see a movie last weekend	Is nervous about taking the AP test	Knows the name of everyone in the class	Is excited about being in MAP!