



**Enterprise
Challenge**

The Prince's Trust Enterprise Challenge

Icebreakers and Energisers Pack

Icebreakers and energisers are an excellent way to start a session with a group of young people. These activities are intended to be dynamic and fun, giving young people energy and focus and enabling everyone to participate. They are intended as a guide, if you have other icebreakers in mind, please feel free to use those too.



The sun shines on

This energiser is useful in getting the group to move around and end up sitting next to different people. It is also an opportunity for young people to learn more about each other and find out what they have in common.

Resources: chairs

Time: 5-10 minutes

Activity:

- ➔ Start with a circle of chairs facing inwards and everyone sitting down.
- ➔ The facilitator stands in the middle of the circle and calls out 'The sun shines on' and picks something they may have in common with others in the group.
- ➔ For example, if they say, 'The sun shines on everyone wearing yellow', everyone who is wearing yellow stands up and must swap with someone else who has also got up. The facilitator goes to a free seat as well, and whoever is left without one must start the next round.
- ➔ At the beginning the statements can start off simple but get increasingly more personal so that participants get to know each other better. For example, the statements could touch on hobbies, interests, aspirations.



A-Z things on you

This energiser encourages teamwork. Young people will be working in small groups with an element of competition.

Resources: flipchart paper, pens

Time: 10 minutes

Activity:

- ➔ The group splits into their Enterprise Challenge teams and gets one piece of flipchart paper and marker pens.
- ➔ They are then told they need to complete the alphabet by naming items they have on them. For example, A – apple, B – biro, C – calculator.
- ➔ The first group to complete the alphabet by writing them on the flipchart paper wins!



Pass the cabbage

This icebreaker gets everyone up and getting to know each other. You will need sheets of paper and have questions ready.

Resources: paper, pens, music

Time: 10-15 minutes

Activity:

- Write questions on each sheet of paper and wrap them around each other to make a ball (cabbage).
- Throw the 'cabbage' around to music and whoever has it when the music stops, must peel off a sheet and answer the question. You can also use this as a chance for everybody to introduce themselves as well.



Mingle mingle mingle

This energiser encourages teamwork and gets the group energised.

Resources: none

Time: 5-10 minutes

Activity:

- Everyone walks around the room in different directions singing 'mingle mingle mingle, mingle mingle mingle'.
- The facilitator shouts out a number and they have to join together to make a group of that number.
- Whoever is not in a group must step out.
- You can continue to do this with different numbers until you have a few winners.

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Magic Number 10

This game gets the group working as a team and encourages concentration.

Resources: none

Time: 5-10 minutes

Activity:

- Aim of the game is to reach 10 by shouting out numbers consecutively from 1 without talking over each other.



Champion

This game gets the group moving around and builds confidence.

Resources: none

Time: 5-10 minutes

Activity:

- Everyone starts by challenging each other to games of rock, paper, scissors.
- Whoever loses must stand behind the one who beat them and shouts their name in encouragement whilst they challenge others to games of rock, paper, scissors.
- Eventually you end up with two duelling against each other with a crowd of people shouting their name together.



Drop the Ball

This game encourages concentration.

Resources: ball

Time: 5-10 minutes

Activity:

- Facilitator stands at the front and drops a ball in front of the group.
- The group must shout when the ball hits the ground.
- The facilitator can make it faster or not drop the ball at all to make it more challenging.



Fruit Salad

This energiser gets the group moving around and end up sitting in different places.

Resources: chairs

Time: 10 minutes

Activity:

- ➔ Create a circle with chairs facing inwards and everyone sitting down.
- ➔ Everyone gets nominated a fruit, out of an option of four or five, for example apples, pears, pineapples, kiwis and mangoes.
- ➔ Someone stands in the middle and shouts out a fruit, whoever is that fruit must stand up and find a free chair. Whoever doesn't get a seat ends up being the person in the middle.
- ➔ You can shout 'fruit salad' which means everyone gets up and finds a new seat.



Line up

This gives the group an opportunity to get to know each other and encourages confidence.

Resources: none

Time: 5-10 minutes

Activity:

- ➔ Ask group to stand in a line.
- ➔ They are then asked to organise themselves in order depending on, for example, the first letter of their name, their birthday, height order etc.
- ➔ You can give them a time limit to complete the task.