

## Title of the activity : Grab the Finger

**For who :** 15+

**Duration :** 10 minutes

**Number of players :** 20 -30 people.

**Place :** Outside/Inside

**Characteristic :**

Stimulating group activity to get people together, focused, challenged, having fun and ready for action

**Type of energizer :** Concentration

**Educational interest :**

- Cooperation
- Time work
- Attention
- Fun

**Goal :** Fast-moving 5 min. group activity to get people together and focused. In a circle, right finger on next person's left palm. Try to grab a finger before yours gets grabbed.

### Grab a finger energizer Instructions

- Participants stand in a circle, arms out to the side. Left hand palm up, right index finger pointing down and touching on neighbor's outstretched palm.
- "When I say the word go, do two things.... grab the finger in your left hand, and prevent your right finger from being grabbed... 1 ... 2 ... 3 ... Go!".
- Repeat several times.
- The trick is dramatizing the "Go!", the build up of suspense, and most will jump the gun, adding to the fun.
- Try a different trigger word, e.g., "Cheese", and mention lots of other "eeze" words for humor - peas, sneeze, wheeze, please and freeze.
- Or use the word/theme of the day e.g., "outdoor" to help get people listening to every word.
- Can transition to talking about "assumptions" and "temptation", etc.
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### Link or picture :

