

Sing Song

Purpose

To act as a warm up exercise following an ice- breaker or to raise energy levels.
To have Fun!

Process

Participants should be split into two groups and asked to stand at opposite sides of the room. The facilitator should explain that they will be given a word and the team which comes up with the most song titles using the specified word will be awarded 5 points. The teams will be expected to sing out their lists getting in as many as they can in an allocated time (2-3 minutes per word is usually more than enough). To make it even more fun additional points out of 5 could be awarded for “enthusiasm” “emotion” “Keeping in tune!” “dance routine” or whatever!!!

Read out the first word and allow teams a few minutes to confer before asking each team to take its turn.

You could use words from the following list: Blue, yellow, red, love, friend, sunshine, dog, train, etc.

Resources

Pen / Paper for each team. Flipchart to record scores.

