

THE SUN SHINES ON

Ice Breaker/Energiser

This activity is a lot of fun and can be quite boisterous therefore make sure there is enough room in the middle of the circle for a number of people to pass each other very quickly. Also be careful of those participants who may have mobility issues.

The game can be played without being seated, using numbers drawn/stuck on the floor or even outside with chalked squares representing the chairs! This then allows wheelchair users or those with mobility aids to take part either independently or with support.

There should be enough chairs or numbers arranged in a circle for the number of participants in the group.

The Facilitator stands in the middle of the group and explains the process before carrying out a trial run.

The person in the middle call out a statement starting with "The sun shines on....." adding in for example everyone wearing jeans.

As soon as this statement is called out everyone wearing jeans has to get up and move to an empty chair.

The person in the middle (in this case the facilitator) also tries to get a chair/space. The person left standing now moves to the middle and the process is repeated with them starting of "The sun shines on..... (The facilitator may stay in the middle to give another example, however usually the group pick up the idea very quickly.) Following the trial run the facilitator becomes a player.

Repeat the process until everyone has had a turn at being in the middle or until allocated time runs out.

As the facilitator ensure that statements don't become too personal.

Other Ideas for statements:

THE SUN SHINES ON.....

.....those who wear glasses

.....those with children

.....people who go camping

.....anyone who sings in a choir

.....people with grey eyes

.....anyone wearing socks