

# Elephants, Viking, Angels

(an energizer/warm-up activity)

(This is a great energizer or warm-up activity. I wouldn't use it as a first-time icebreaker but rather with an established group that has broken the ice and built some rapport.)

## **The Main Moves**

There are three main moves the group needs to learn.

1) *Elephant*-put the bicep muscle of either arm up to your nose to form an elephant trunk and then trumpet like an elephant as loud as you can

2) *Viking*-make fists with both hands and extend the pinky fingers; then hold the fists to the side of your head to make a Viking hat with horns

3) *Angels*-reach both hands high above your head, making one hand into a gun (trust me-you'll see what I mean)

## **Play the Game (part 1)**

Get the group (the bigger the better) into a circle. One person starts in the middle. He or she walks to and faces any member of the circle and does any one of the following:

- make the elephant move
- ask "Who are you?"
- ask "Who do you work for?"

The member of the circle then responds with the appropriate main move:

- if the person in the middle makes the elephant move, respond with the elephant move
- if the person in the middle asks "Who are you?"-respond with the Viking move and shout, "I am the Viking Master!"
- if the person in the middle asks "Who do you work for?"-respond with the Angel move and shout "I work for Charlie!"

**BUT WAIT!!!!**

In addition to the main moves, each question has a supporting move that has to be performed by the people on both sides of the selected member of the circle.