

# All My Neighbors

**What** This is a fun moving around energizer that pumps up the energy, and loosens people up.

**When** It can be used whenever the group needs to build some energy. Works well in small or large groups (12-60 people).

- How**
1. **Set Up:** You need something that will be used as a placeholder for each individual
  1. **Instructions:** Ask participants to form a shoulder-to-shoulder standing circle and then have each person take a step back. Give each participant a place holder (piece of tape for the floor) which they should place at their feet.
  2. The facilitator takes a place in the center of the circle.
  3. The facilitator says: "This activity is similar to the game of musical chairs that you played as a child. As you'll notice, there is one less place than people in the group. That's why I'm in the center of the circle. So, I'll begin in the center of the circle, but my task is to try and find a place on the outside of the circle and have someone else end up without a place. The way I'm going to do that is to make a statement that is TRUE for me. For example, if I am wearing tennis shoes, I might say 'All my neighbors who are wearing tennis shoes.' If that statement is also true for you, then you must come off your place and find another spot in the circle. I could also say something like 'All my neighbors who love to swim,' and if that's true for you on the outside of the circle, you must move and find a new place. You may not move immediately to your right or left and you may not move off your space and return to it in the same round. In this activity Kindergarten Rules apply. (No running, keep your hands and feet to yourself. No kneeling, kicking, or biting,). Let's do this safely. OK. I'll start."
  4. When you think people have had enough, simply say "OK, this is the last round." Give a round of applause to the last person who ends up in the center.