

TITLE: Moose

IMPACT: Icebreaker, quick energizer, fun

RISK: Low

GROUP SIZE: 7 or more

TIME REQUIRED: 5 minutes

DIRECTIONS:

- Ask everyone to stand in a circle facing in towards the center.
- The facilitator should start by placing her open hands with thumbs touching her temples, four fingers up and palms facing forward on either side of her head so that she looks vaguely like a moose with antlers.
- Immediately the two people on either side of her should raise the hand closest to the facilitator and make their own antler on half their head. Now the facilitator has a full set of antlers, and the people flanking her have one antler each.
- Now the facilitator has three choices. She can:
 - Drop her right hand, passing the full moose pose to the person on her left. If this happens, the person to her right immediately drops his hand, the person to her left immediately raises his left hand to become the new, full antlered moose, and the person to the left of the new moose immediately raises her right hand.
 - Drop her left hand, passing the full moose pose to the person on her right. If this happens, the person to her left immediately drops his right hand, the person to her right immediately raises his right hand to become the new, full antlered moose, and the person to the right of the new moose immediately raises her left hand.
 - Pass the moose across the circle by dropping both her antlers and pointing them at another person in the circle. If this happens, the person whom she pointed to immediately raises both his hands into the antler position, the person to his right raises her left hand and the person to his left raises her right hand.
- These actions continue around the circle, getting progressively faster as people get the hang of it.

OPTION: A variation of this game is called “Lumber Jack.” It is played in a similar way with different movements. It also involves some noise.

- The facilitator starts by placing her hands together and raising them over her head as if she is raising an ax to split wood. As she does it she takes in a loud breath.
- Next the two people directly to her right and left put their hands together and swing imaginary axes into the facilitator’s stomach. They do a loud “HA” as they do this.



- Finally the facilitator takes the down stroke with her imaginary ax and lets out an even louder “UGH” as she does so.
- As she brings her ax down, she turns to face someone else in the circle, and passes the turn to him.
- The person whom she has faced as she brought her ax down immediately raises his arms up, and the lumberjack actions continue on.
- The best part of this game is the noises so make sure everyone puts a lot of energy into them.

