

# Machinga

## Energizer

Source: Mentor's Lab Edition 2



any number of people



3 minutes

### Topic

to make participants active before and after a long activity

### Objectives

- To raise the level of energy of participants and warmup for the further activities.
- To create a positive atmosphere in the group.

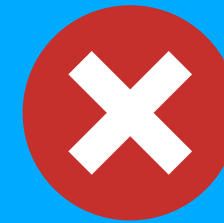
## Jammin Board



ARTS



NFE



INCLUSION

## Steps

1. Participants stand in a circle and the facilitator extends his arms while making fists and shouts out the word 'Maa..'. Then everybody, one after another, in a circle, repeats the facilitator's actions louder than the previous participant did, holding the rising tone until the end of the circle.
2. When the last person is reached, all participants bring back their hands and shout out all together: '..chinga!' The whole circle goes like a human wave, one person after another, so everybody has to wait for their turn a bit to make it smooth.

**Recommendations:** The facilitator can explain that the purpose of these exercises is to send all the energy of the group inside a circle, raise it and get back even more energy. For the first time it can be done as a trial and for the second one to try to beat the intensity of the shout.