

Movement Meeting Energizers

What are Meeting Energizers?

Meeting energizers are short activities, usually in the form of icebreakers or movement breaks. They are a great way to engage participants and build a culture of wellbeing by using them in existing department meetings.

Meeting Energizers are:	Meeting Energizers do NOT:
<ul style="list-style-type: none">• Voluntary• 1-20 minutes in length• Fun and energizing• An easy way to start or end a meeting on a positive note• An interactive way to break up longer meetings	<ul style="list-style-type: none">• Require any special equipment or a professional leader• Cause stress or pain

Why Support Meeting Energizers at Work?

Benefits of incorporating meeting energizers in existing meetings:

- Physical activity breaks are associated with increased focus and productivity
- Tool for team building and helping create social connections which are associated with increased workplace morale
- Provides an opportunity for meeting participants to be involved in a shared activity
- Supports building a culture of well-being at the workplace

Who Should Lead Meeting Energizers?

Meeting Energizers are easy for anyone to lead. Using the guide provided below, any department employee can lead a 3-5 minute break during a meeting. Meeting energizers are especially impactful when Leaders help to

encourage these breaks in meetings and are also seen participating in these physical activity breaks.

How to Implement Meeting Energizers?

Meeting energizers are simple. Get permission from the meeting organizer to lead a meeting energizer. Then, find the right activity considering the time and space of the meeting. Remember: the most important component of meeting energizers is incorporating movement in meetings in a fun and playful way.

Instructions

Consider Logistics:

- **Ask for leadership support:** if you are not organizing the meeting, then use this [email template](#) to ask department leaders for their permission to do the activity.
- **Consider space:** make sure that there is enough space for everyone to perform the activity of choice.
- **Plan the Activity:** Here are a couple of things to think about:
 - **Time:** determine how much time you can allocate to the activity. Try spending at least 5 minutes out of 60 minutes leading employees through a simple well-being activity. Meeting energizers are also great for longer meetings that take a half-day or all day. Try incorporating one or more energizers to help break up the day.
 - **Type of energizer:** Select an activity from the Movement Energizer List that everyone can participate in. Think of what your team will enjoy!

- **Activity leader:** Anyone participating in the meeting can lead the energizer. However, it's ideal to have a dedicated person assigned in advance of the meeting so that they can prepare material if necessary. It might be a good idea to rotate this responsibility among all participants to promote buy-in and accountability.

Start implementing Meeting Energizers!

- **Before meeting: Prepare.** Most activities do not require special equipment or extensive prior planning, but you may need to print or have pieces of paper handy. Check the **What you will need** section under the activity to make sure you have what you need before the meeting.
- **Start the Activity.** Lead the activity using the Leader's instructions section of each slide. Don't forget to mention the benefits of the activity that is referenced under the slide.

Tips to Encourage Participation:

- **Turn up the volume.** Meetings that take place in a room with AV—can also provide an opportunity for a music energizer. Play a catchy song to keep everyone interested and moving!
- **Change it up.** If specific types of activities don't work for your department, then change it! Ask for feedback and suggestions on what they like to do during meetings.