



# Numbers and actions Energizer

Class: IV Semester BCA A - Sec

Date of Activity: 07/02/2020

Lecturer Name: Ms. Ashwini E.M

### Objective:

- Numbers and actions Energizer it's a team spirit game, to create positive energy in the group.
- Address interpersonal problems within the group.
- Improve inter-team communication.
- Increased motivational levels among team members.

### Rules of Activity:

- Compulsory participation for every student.

### Outcome:

Effective teamwork can create a sense of cohesiveness and unity of purpose. Energizers are quick, fun activities to liven up a group. Here team members arrange in a proper sequence the number called out by the facilitator with in a short time. The activity involves a combination of listening skill and ability to coordinate both mentally and physically.

The students actively involved themselves in the activity and they have learnt the importance of coordination of mind and body simultaneously.





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