

# ENERGIZERS

## All My Friends

### Instructions:

1. Remove one chair from the classroom or move it out of play.
2. Have enough chairs so that only one person does not have one. That person stands in the middle of the circle.
3. Start the game by using the sentence starter, "All my friends who..." then they will choose a trait that some people who are seated have. For example: "All my friends who have green on". All of the students that have green on will get up and race to another chair, leaving one person standing in the middle of the circle, only to repeat the phrase, with a new trait.
4. The rule is that you **MUST** get up, and move to another chair if the trait applies to you.
5. You cannot move to the chair next to you.