



*Greater Self-Awareness.  
Better Self-Management.*

**Title:** Birthday Lineup

**Category:** Group Energizer

As a Group Energizer, this exercise is short and fast, designed to get participants up and moving. It is heavy on movement and humor and should be light on “meaning” and depth. Consider using this exercise between heavy pieces of content or after a long period of sitting.

**Number of Participants:** 5 to 40 Participants

**Time Required:** 5 to a maximum of 15 minutes

**Objectives:**

- To energize the group with movement and laughter
- To encourage group interaction and the beginnings of problem solving
- To reinforce the need for flexible communication and problem solving approaches

**Materials Needed:** None

**Trainer Instructions:**

1. Participants are instructed not to speak or write anything for the duration of the exercise
2. Participants are instructed to line up in order of their birthdays (time of year--not age of participant).

**Variations:** Have people line up by height or shoe size while blindfolded. Or you can ask each person to call out the name of an animal without repeating any of the animal names other people have chosen—then have people line up, blindfolded, by their animal’s size with the smallest animal first in line, making only the sound that animal would make.

**Note on Exercise Processing:**

As a Group Energizer, this exercise is not intended to feed a post-event lessons-learned discussion. We advise you to let this activity spark some fun and movement—and then move on.