



## 4 Tribes Dance Battle

**OBJECTIVE** Icebreaker or Energizer (will warm up the room and create fun and competition energy)

**MATERIALS** Flip chart or PowerPoint slides with team chant  
Paper and pens  
(optional) prize for the winning team

**TIME** **Approx.** 15 minutes (activity) + 5-15 minutes more for debrief

**GROUPS OF** Evenly divide group into 4 “tribes” (each tribe between 3 to 8 people)

### **INTRODUCTION**

Explain that this activity will be competitive and involve dancing. A dance move can be as complex as the Macarena, or as simple as waving your right hand. Simple is usually best!

→ Ask who in the group likes to dance. Explain that people who do not like to dance usually do best.

### **DIRECTIONS**

- Each group needs a tribe number (tribe #1, tribe #2, tribe #3, and tribe #4)
- Each team has a pen and paper
- Each team writes down a list of dance moves they all know and can perform. They have 3 minutes to brainstorm.

### **THE GAME**

- Facilitator will signal and shout the number of a tribe. That tribe will have 5 seconds to start performing their dance
- As they perform their dance move, they must also recite the chant (see below)
- At the end of the chant, they must all point to another tribe to challenge them next
- When all teams but one are eliminated, the game is over and the remaining team has won

### **THE CHANT**

“We’re tribe # \_\_, this is what we do, we know how to dance, how ‘bout you?”

### **RULES**

Tribes will be eliminated if:

- they don’t start dancing within five seconds
- they are not all performing the same dance move
- they perform a dance move that has already been done before (by themselves or another tribe)
- they are not all pointing to the same tribe to challenge next

### **C. Debrief**

What did you notice during this activity?

Who were the anchors for their teams?

What strategies did teams use in order to not break the rules?

What did you think of your group’s dancing?