

## ESL Energiser: Buzz

**Buzz** is an effective class energiser to help get students get focused during lessons. This activity requires no preparation before class and is a great tool help students.

**Activity time:** 2 - 3 minutes

**Level:** All levels and ages

### Method

1. Ask the group to stand up and form a circle.
2. One person after the other will start saying a number starting with 1-2-3- however at every number with a 4 in it or a multiple of 4 that person needs to say BUZZ instead of the number, the next person to continue as normal.
3. The counting will be  
1-2-3-buzz-5-6-7-buzz-9-10-11-buzz-13-buzz-15-buzz--17-18-19-buzz etc.
4. You can change the 'buzz' number to a different number to use the game again or to make it more difficult.