

WHAT IS AN ENERGIZER?

An energizer is a short activity intended to increase the energy in the room by engaging in physical activity, laughter, and/or problem solving.

WHEN TO USE ENERGIZERS?

Use an energizer anytime you feel energy is low or you feel like you are losing your students' attention. Energizers are also great when returning from any kind of break like lunch. You can stop the energizer as soon as you hear laughter if you want/need to.

YEEHAW

The moves:

- > **YeeHaw** - slap your right leg with your right hand, yell "YeeHaw" towards the person on your left. This starts the game and keeps it going.
- > **Hoe Down** - jump to the side with both hands up facing the person on that side and yell "Hoe Down". This reverses the direction of the movement.
- > **Gun Slinger** - while making guns with both hands, point the guns at someone across the circle, yell "Gun Slinger". This sends the move across the circle to whomever is being pointed at.

The rules:

- > One person is selected to start the game. The game starts when that person slaps their right leg with their right hand and yells "YeeHaw". The person to their left must immediately do the same, the person to their left must do the same, and so on. The game continues. The players may do any of the moves at any time.
- > They **MUST** not hesitate. If anyone does hesitate, they are out and must step out of the circle.
- > You can play until you are down to two people or you run out of time.

ABSURD INTERVIEWS

- > In groups of three students, each student will choose to be either A, B, or C.
- > For two minutes, person C will be interviewed by persons A and B. Person C is to role play as an expert at making parachutes for elephants (or something else equally as crazy).
- > For two minutes, person B will be interviewed by persons A and C. Person B is a famous designer of invisible clothing.
- > For two minutes, person A will be interviewed. Person A is a fitness expert for bees.
- > This energizer not only gets students laughing, it also gets them to be silly and step out of their normal role. They will also be networking, asking and answering questions.

FAVORITE TOY

- > On a blank sheet of paper, draw your favorite toy in 30 seconds. After 30 seconds, each person will share their name, the toy they drew, and why it was their favorite.
- > This energizer allows you to discuss the creativity we all have inside of us because a lot of times children's favorite toys aren't actually toys at all.

SWEDISH STORY - IMPROV STORYTELLING

- > Line all students up in a line facing you. Tell them the following.
- > "You will volunteer, one at a time, to add to a story.
- > The first volunteer will raise their hand, walk to the new line, and state their one line of the story.
- > The second volunteer raises their hand, takes their chosen place in the story line, and states their one line of the story. Then both lines of the story are spoken in order.
- > Then the third volunteer raises their hand, takes their chosen place in the story line, states their one line. Then all three lines are spoken in order.
- > Who is my first volunteer?"
- > This continues until you decide the story should end. You do not have to allow every student to participate. Some will not want to do it. When you have decided it is the final volunteer, have them take their place on the line, then have all volunteers tell the story in order.
- > The volunteers do not need to stand right next to one another on the story line. The first volunteer does not need to be the first line of the story.

PAPER ROCK SCISSORS

- > Split your room in half and pick two people from each side. They play (1-2-3 shoot) best of three. Whoever loses must follow the winner from their game around and cheer for that person. If that winner loses, they along with their cheerleaders become cheerleaders for the person who beat them. Eventually you will have half the room cheering for one student while the other half of the room is cheering for the other student.

TEAR YOUR FAVORITE CARTOON

- > Each student has a blank sheet of paper. They each stand in a circle facing one another. Tell your class that they will tear their piece of paper into their favorite cartoon character. They will have 30 seconds...and must do it behind their back. After the 30 seconds, each student must show their paper and say what cartoon character it is supposed to be.

MAKE A MONSTER

- > Student will pair up and each pair needs a blank sheet of paper. In pairs, each person makes one line at a time taking turns. When time is up (30 seconds), name the monster using parts of each person's name. It can be either first or last names. Now, give the monster a super power. Each pair will share their monster with the group.