



THREE QUICK ENERGIZERS

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

No materials required

Method

These can be used independently for one or more minutes, anytime an energy boost is needed:

Conga!

- Have participants line up, placing their hands on the shoulders of the person in front of them. Start some music and lead youths around the room. Conga to the Café! Conga to School! Conga anywhere!

Line Dance!

- Participants perform a simple dance step:
 - 2 side-steps to the right
 - 2 side-steps to the left
 - 2 steps backward
 - Tap forward with the right foot
 - Right foot kick
 - ¼ turn to the left
- Repeat. Jazz it up by playing music.

Grapevine!

Have youth do the grapevine movement (alternate crossing left foot over right, then right over left moving in a sideways motion) around the room