



THE WAVE

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

No materials required

Method

- Have youth form a circle and start the traditional wave motion (raise arms as second youth immediately follows, like you see at a sports event).
- Have the same youth now do a different action to start the wave, like getting in a squat position. Have the same lead youth lean left and everyone follows, then lean right.
- To add more action/ activity, begin a second or third simultaneous wave each time.