

Energizer

Time

10 minutes

Objective

To energize your class by having them work together in order to follow directions.

Instructions

Divide the class into groups with 4 students in a group. Instruct each group, of 4 students each, to stand behind one another like a chain. Every person should have their hands on the shoulders of the person in front of them (except the student at the head of the line). The order of the participants changes on verbal commands of the facilitator.

Read the following commands aloud to the groups and inform them that they should memorize the following:

- "Change" : means the 1st of the group goes to the rear
- "Switch" : means the 2nd and 3rd person change place
- "Rotate" : means everyone turns around, so the 4th person is now facing first
- "Move" : means move forward "Choo-choo" style

The facilitator will call a command that the groups will respond to. Begin calling the commands slowly at first, and then speed them up.