



Calmers & Energizers

Energizers! 88 Quick Movement Activities that Refresh and Refocus

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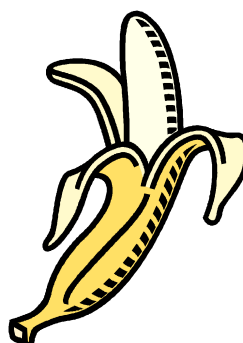
With all of these activities, practice the words together, then add movements, noting how to do them without making contact with other kids.

Go Bananas!

This activity provides students the opportunity to “go bananas” for a quick moment and get out some of their energy. Don’t worry if kids mix up their lefts and their rights.

Words	Actions
▶ Bananas...Unite!	▶ Arms above head, palms together
▶ Peel Bananas, peel-peel bananas (x2)	▶ Lower arms one at a time, then return to above head
▶ Peel to the left	▶ Lower left arm
▶ Peel to the right	▶ Lower right arm
▶ Peel down the middle	▶ Lower arms in front of body
▶ And chomp! Take a bite	▶ Clap arms like an alligator mouth
▶ Chomp, chomp! Take a bite	▶ Clap arms like an alligator mouth
▶ Go bananas, go-go bananas! (x2)	▶ Jump and spin around freely

Video of Go Bananas: <http://www.youtube.com/watch?v=ytnbGpRmOqE&feature=related>



Dum Dum Dah Dah

This is a follow-the-leader movement activity. The leader and the group chant “*dum-dum-dah-dah*” as they make the two motions, one for *dum* and one for *dah*. Once kids get the hang of it, allow them to take turns being the leader.

▶ **Leader**

- Dum Dum (*Clap thighs*)
- Dah Dah (*Clap hands*)

▶ **Group**

- Dum Dum (*Clap thighs*)
- Dah Dah (*Clap hands*)

▶ **Leader**

- Dum Dum (*Touch shoulders*)
- Dah Dah (*Touch head*)

▶ **Group**

- Dum Dum (*Touch shoulders*)
- Dah Dah (*Touch head*)

▶ **Possible Movements**

- Touch toes, knees or shoulders (straight or crossed); touch head; reach left/right; reach front/back; nod head; snap fingers; march; jump; arm circles; reach up, etc

▶ **Ending**

- Whisper words and finish with *shh-shh-shh-shh* with small/quiet actions

Video of Dum-Dum-Dah-Dah: <http://www.youtube.com/watch?v=6RcR1WsxYpA>

Now I'm Still

Create a steady rhythm to chant the words to. The children move to the beat in the motion described. When you say the word *still* the children must freeze. When everyone is sufficiently still, start again with another movement word.

- ▶ I'm walking
- ▶ I'm walking
- ▶ I'm walking
- ▶ Now I'm still

- ▶ I'm jumping
- ▶ I'm jumping
- ▶ I'm jumping
- ▶ Now I'm still

▶ **Tips**

- Practice what it looks like to be “still”
- Remind kids that they're to maintain their personal space and not bump into others

▶ **Possible Movements**

- Active movements: spinning, skipping, hopping, twisting, bending, clapping
- Calmer movements: blinking, snapping, stretching, sitting

1-2-3, Calm Down Me

Each time “1-2-3 calm down me” gets quieter. In the last 2 verses, the volunteers say “1-2-3” and the kids can say “calm down me.”

- ▶ **1-2-3 calm down me:** run hands from the top of the head down the side of the head or face
- ▶ **1-2-3 calm down me:** run hands from shoulders down arms to fingers -- opposite hands
- ▶ **1-2-3 calm down me:** run hands from shoulders down chests and tummies
- ▶ **1-2-3 calm down me:** run hands from hips down legs to feet -- opposite hands on legs
- ▶ Then have the kids sit down.

