

MYC 15 Omega Recreation
Anna Fulmer and Nick Setzer

Energizers

Best Day of My Life: *Best Day of My Life by American Authors*

Wake up nod
Sleep sunburst
Jump land into tuck
Turn into Dino
Look at each other, thriller
Thriller walk 4 steps
Thriller hands
Thriller walk 4 steps
Walk back/ look back
Fall asleep

Chorus

Whip (3 times)
Nay Nay Spin (one way then other)
(All TWICE)
Whip again but faster (Six times)

Verse 2

Howl in half circle
Jump throw down sun into tuck
Turn into Sasquatch/ throw Boulder
Squatch walk 4
Freeze 2 then throw Boulder
Squatch walk 4
Freeze then yell
Walk back 4/ pause and yell/ walk 4
Fall asleep

Chorus -

Whip (3 times)
Nay Nay Spin (one way then other)
(All TWICE)
Whip again but faster (Six times)

Bridge

Listen to Left
Listen to Right

Spiritual Morph
Spiritual Animal that Builds
Sleep
Head Nod

Chorus -

Whip (3 times)
Nay Nay Spin (one way then other)
(All TWICE)

Firework

Firework by Katie Perry

Hop-swing (left, then right) x8
Pump-wave (left, then right) x8
Cross walk (cross arms in front, snap – left x4, right x4)
Running man (center, left, center, right)
Roll up
Firework: Boom! (jump with hands clapping above head)
Ahhh! (Bernie)
Fist pump x8
Jumping fist pump x8

Wavin' Flag

Wavin Flag by K'naan

Drum Roll
Knees Knees Clap Clap – Taylor Swift (2 times)
Whoa Roll
Hop clap clap (left, then right) 2 times
Stomp Fist Pump (around in a circle)
Cross Cross Snap, (left, then right)
Knee knee, air air, air pump, air pump (left, then right)
Singing Forever Young
Hands in circle up
Hands in circle down (turn table)
Drum Roll
1234
Long short short long, strong arms
Freedom pose
Wavin Flag
Beyonce

Numa

Numa-Dragostea Din Tei by O-Zone

Get ready for the day (wash face, drink coffee, stretch, etc)

Wiggle Walk (grapevine, then hop one foot, shaking other foot and arms; left, than right, x2)

Photographers and Models (switch)

Aisha

Carlton

1234

Numa arms (up, up and to the side, up, up and to the other side, while jumping)

Repeat beginning with Wiggle Walk

On Top of the World

On Top of the World by Imagine Dragons

Crazy stretch

Hike (4 count one way and then back)

1/2 pull up the mountain and 1/2 roll, then switch

Rock climb

Repel backwards

Look left, then right

Shimmy step, jump arms up

Spin around- soak up the fresh air

Dig 2 times each way- paying my dues to the dirt

Thunder- drum roll

Hike

1/2 pull, 1/2 roll

Look

Shimmy step, jump arms up

Spin around- soak up the fresh air

Dig

Rain wave- start in middle and go out and back

Shimmy step, jump arms up

Spin around- soak up the fresh air

Dig 2 times each way- paying my dues to the dirt

Sparkle

Sparkle by Phish

Clap your hands x2

Slap your knees x2

Clap your hands x2

Clap the back of your neighbor's hands x2

Repeat whole sequence

Wiggle right hand to the left (leave it there)

Wiggle left hand to the right (grab hands of neighbors)
Sway left, left, right, right, left, right, left
Boogey x2
Gump x4
Boogey x2
Gump x4
Repeat over and over

Can't Hold Us

Can't Hold Us by Macklemore (radio edit)

Tango left, then right
Bernie
Arms up left x2, right x2
Spread it all out
Stank face while clapping x16
Little maestro
Big maestro
Macklemore (hands and legs)
Wax floor down and up (four count)
Shoulder dance
Go back up to Stank face and repeat
Slow walk left two steps, then right two steps
Wash hair x12, then rinse
Wash hair x12, then rinse
Tango, Bernie, hands, spread x2
Call and response:
NaNa, Na,Na (NaNa, Nana)
NaNaNaNaNaNaNaN (NaNaNaNaNaNaNaN)
Baby shark
Teenage shark
Daddy shark
Momma shark
RAWR!
Stank face while clapping
Macklemore
Wash hair, rinse
Chorus

Revolution

Revolution by Kirk Franklin

Cross - raise right hand straight up above the head in front of the face. Raise left hand to make a cross over the top of right hand.

Bring left hand down to side, then right hand down to side,
then make the cross on the counts again with the beats and with
arms crossed at wrists, raise crossed arms up in the air,
pushing the cross up for 4 counts

Revolution - roll forward, side, back, side, and forward

Dig down - reach down to the ground with both hands and then up in the air saying "woop,
woop"

Funky Walk - 6 counts to one direction swim arms.

Siren Turn - arms above head making siren noises as you turn

Funky Walk - 6 counts to one direction hitch-hiking

Raise the roof - push your hands up in the air three times saying "raise the roof"

Repeat

Istanbul

Istanbul by They Might Be Giants

Snakes and Snake Charmer - snakes put hands together and move from side to side in an "S"
shape to resemble snake coming out of a basket. Snake Charmers- put your hands as if they
were playing a clarinet.

Half of the room are snakes, other half are charmers.

After 8 counts, hands over head, and everyone switches.

Another 8 counts, hands over head.

Camel Stomp (left, then right x2)

Shimmy hop (left twice, then right twice)

Camel Stomp

Shimmy hop

Shue the camel away (four times to the left)

Crazy run to the right

King Tut move

Camel Stomp

Shimmy hop

Shue the camel away

Crazy Run to the right

Point and shake finger ("that's nobody's business but the Turks")

Repeat

End with arms up hands shaking

Ants Marching

Ants Marching by Dave Matthews Band

Driving

Honking around in a circle

Divide up into four groups:

Are we there yet?

I gotta go!

He's touching me!
She touched me first!
Hands up – we're here, we're here, we're here, we're here, we're here
ANTS – make ant antlers

Repeat above from honking, except this time... NO ANTS (make a baseball safe motion)

Fluff up the blanket x4
Lay it down
Fluff up the blanket x4
Lay it down
Chomp watermelon x4
Spit out the seeds x4
Chomp watermelon x4
Spit out the seeds x4
Ant Walk – carry watermelon above your head (left, then right)
Ant Party – dancing ants with antlers
Ants in your pants – jump up and down slapping pants
Repeat Ant Walk, Ant Party, Ants in your pants

Ordinary Day

Ordinary Day by Great Big Sea

Morse Code
Cast Fishing Pole and reel it in
Throw out Net and Pull it in
Sunshine
Bob around in the water
Mop the Deck
Wash the Windows
Look left and right
Half row a boat, half blink like a lighthouse, then switch (repeat)
Repeat

Share the Well

Share the Well by Caedmon's Call

Hands up over head/ put hands together/ down to chest/ 3 bounces across (repeat)
Roll left arm up/ Roll right arm up/ Roll both hands down/ Cross arms at heart/ and open arms out
Prayer Hands (slide walk left 4 right 4) Praise Hands (slide walk left 4 right 4)
Repeat Roll arms Praise Hands Prayer Hands
Bridge: left arm out / right arm out/ cross arms / arms up/ arms down Repeat Roll Arms
Repeat Hands up over head

Coconut

Ukulele

Hula (box step) x16 (four full boxes)

Peel banana around in a circle, left then right

Look left

Look right

Hands up

Shake the tree

Chop the coconut

Put in the straw

Repeat

Freestyle at some point

Run Run Away (sitting)

1. 2 pats on your own knees with both hands – 2 beats
2. 2 pats on your left neighbor's knees - 2 beats
3. 2 pats on your own knees with both hands – 2 beats
4. 2 pats on your left neighbor's knees - 2 beats
5. 2 pats on your own knees with both hands – 2 beats
6. 2 pats on your left neighbor's knees - 2 beats
7. 1 pat on your own knees with both hands
8. 1 pat on our own knees with both hands and arms crossed
9. 1 pat on your own knees with both hands
10. Both hands in the air, saying "Woo!"
11. Snap (both hands), clap, snap, clap, clap – 4 beats
12. Repeat 11 two (2) times
13. Alternating arms over head 3 times (left first), saying, "Woo! Woo! Woo!" -4 beats
14. Rock baby, saying "Rock, Rock!"
15. Wiping tears from eyes, saying "Waaa! Waaa!"
16. Repeat 11 – 12 two times
17. Repeat 1 – 18 two (2) times
18. Pretend to suck thumb, saying "Suck your thumb!" (4 beats)
19. Milk cow with right hand, saying, "Moo!"
20. Milk cow with left hand, saying, "Moo!"
21. Make lasso with right hand, saying, "Lasso!"
22. Repeat 19-22 two (2) times
23. Hands to mouth in yelling position, facing right, saying. "Head'em up!" - 2 beats
24. Hands to mouth in yelling position, facing left, saying. "Movin' out!" – 2 beats
25. Repeat 1-24 (2) times

Run-Around by Blues Traveler

1. Charlie Brown – Hopping back and forth with arms at side – until end of harmonic solo
2. Tango – Right arm out, left hand on stomach, step right 4 times – 8 beats
3. Repeat opposite arms, stepping left
4. Cha Cha – right 4 times – 8 beats

5. Repeat 4 left
6. Sprinkler – left arm out, right hand on back of head, making sprinkler sound “Ch” 8 times – 8 beats
7. Repeat opposite arms
8. Drink machine – facing left, use right hand, push button 3 times and drink, saying “Woo!” – 4 beats
9. Repeat
10. Drink machine – facing right, use right hand, push button 3 times and drink, saying “Woo!” – 4 beats
11. Repeat
12. Still facing right, start lawnmower with right arm 4 times - 8 beats
13. Mow forward (still facing right) 8 steps – 8 beats
14. Pull mower behind you back to left 8 steps – 8 beats
15. Still facing left, start lawnmower with right arm 4 times - 4 beats
16. Mow forward (still facing left) 8 steps – 8 beats
17. Pull mower behind you back to right 8 steps – 8 beats
18. Charlie Brown – 8 beats
19. Clap with back of hands, raising arms 4 times – 4 beats
20. Dig up right twice, saying “Woop! Woop!” – 2 beats
21. Dig up left twice, saying “Woop! Woop!” – 2 beats
22. Repeat 20 – 22 four (4) times
23. Charlie Brown – 8 beats
24. Repeat 2 – 23

Africa – Toto

Intro: Bongo Drums

Verse:

Tight Rope – 5 right then left

Vine Swing – 5 right then left

Trailblaze – 5 right then left

Ohh- Ahh – 4 right then left

Chorus:

Iguana

Jaguar

Kangaroo

Lion

Rain, Thunder, Lightning

Repeat (no Ohh-Ahh 2nd time through)

The World is New – Save Ferris (Sitting)

Intro:

Throw hands in the air and shout “Whoop” at first cymbal hit

Throw hands in the air and shout "Whoop Whoop" at the next two cymbal hits
Drum Roll on your knees
Drum Roll on both neighbors knees

Music Interlude:

2 pat on your own knees – 2 beat
2 pat on your left neighbors knees – 2 beat
2 pat on your own knees – 2 beat
2 pat on your right neighbors knees – 2 beat
1 pat on your own knees with both hands
1 pat on our own knees with both hands and arms crossed
1 pat on your own knees with both hands
Both hands in the air, saying "Woo!"
2 pat on your own knees – 2 beat
2 pat on your left neighbors knees – 2 beat
2 pat on your own knees – 2 beat
2 pat on your right neighbors knees – 2 beat
Drum Roll on your knees
Drum Roll on both neighbors knees

Verse:

Put both hands by your face and pump them while tilting your head back and forth – 8 count
Air Play the saxophone (or Lemur) up and down, shifting left to right – 8 count
Roll Down
Roll Up
Put left arm out and around neighbor
Put right arm out and around neighbor
Sway
Repeat

Spirituality Center

Window Questions

Using car markers, draw a big design on a window (like a heart), then write a question (like "What makes your heart sing?") – participants answer on post-it notes, then put the post-it inside the large shape. Other questions / shapes include stars/"What are your dreams?" and a broken heart/"What breaks your heart?"

Wailing Wall

Sheets of paper of various primary colors cut into rectangles. Youth write their prayers in sharpie, then roll the paper into a scroll and insert it into the wall.

Connecting the Pieces

Youth will take a blank puzzle piece and connect it to another piece then answer these questions through word art. *Where do you feel like adding to a story? Whose story are you connecting to?*

Giant Jenga

Youth will take a piece out of the Jenga set trying not to let it crash. Ask yourself these questions as you play: *How is the rest of the tower affected when it loses a piece? Think of someone important in your life. How would life be different without that piece/person?*

Agape Meal Station

Youth will think of all of the people who have shared in this holy meal over the centuries, all of the people who they are connected to every time they eat from this bread and cup. Youth will take a piece of bread and dip it in the cup and give thanks for this joyful feast that connects people in all places and times.

Listening Station

Youth will listen to music with songs related to stories. Have youth sit and reflect.

Knot Tying Station

As you hold your piece of twine, take a moment to pause and ask God to show you the unique storyline God is writing in your life. As you read The Knots Prayer tie a knot in your twine every time you say the word knot/not. Then go back to the first knot in your twine and begin a dialogue with God. Work your way down your row of knots pausing to talk with God about what each knot represents. Tie your string around your wrist or to a belt loop as a reminder to continue this conversation with God throughout your day.

Mirror of Encouragement

Write a word or phrase of love and encouragement in the mirror. Look at yourself in the mirror and reflect on all the other words and phrases. Think about who you are and the people who have written these phrases and how our stories, while different, are deserved of love and encouragement.

Table of Content

God is the author of life. God has been intricately and intentionally weaving together the details of our lives to create our story. On the Table of Contents page, take some time to consider the chapters of your life. Where did your journey with God begin? What would you title each of your chapters? Once you've identified the major chapters in your life, go back and consider which chapter was God working the most obviously and powerfully? What did God reveal about Godself and how has that shaped your story?

Smell Station

Smell is a powerful way to experience God's created world. Take each item, smell it. What are they like? Stinky? Calming? Strong? What memories do they bring back? Consider how different

smells represent the diversity of God's world. Offer a silent prayer as you feel led by the Spirit and the smells.

Taste and See

Put a toothpick into the dish, taste, and discard the toothpick in the trashcan. Continue tasting as many different items as you would like. We don't often think about taste when pondering God, but taste and memory are strong. What memories or stories do you think about when you taste a particular item?

Labyrinth

Youth will be invited to walk the portable labyrinth as another way to reflect on their journey and path.

Rec Around the World (Monday Afternoon Small Group Rec)

Javelin Toss

Hammer Throw

Giant Croquet

Dragon Tail

Henna Tattoo (India)

Polynesian Masks

Ebenezers (Israel)

Tibetan Prayer Flags

Paper Beads (Uganda)

Cartouch Necklaces (Egypt)

Messtival (Tuesday Afternoon Rec)

Pool of Yuck (available here: <http://buckets-o-fun.com>)

Pool of Questions (water beads:

https://www.amazon.com/dp/B00A811T74/ref=cm_sw_r_awd_CBWlvbN0PXSPS)

Splatter Paint on sheets (block off a shape with masking tape; splatter washable finger paint)

Upcycling

Crazy Hair Dos and Face Paint

Graffiti Wall (blank canvas and spray paint)

Tie Dye

T-Shirt Scarves <http://www.nadyana.com/12-quick-easy-diy-ideas-make-fashionable-scarves/>