

MYC 15 Theta Recreation
Jenny McDevitt and Jessie Light

Energizers

Shut Up and Dance With Me (new!)

Shut Up and Dance With Me by

- Intro: Stars x4
Shooting Stars x2
(repeat 4 times)
Put on spacesuit
- Verses: Awkward spacesuit walk (left, then right)
Arms up to blast off
Blast off left, center, right, center
- Pre-Chorus: Walk on the moon forward (to the left)
Moonwalk backward
- Chorus: Cosmic shake (little Carleton)
Robot
Fall in the black hole
Jump out of the black hole
Hand over mouth / stop sign
Monkey arms
Space cowgirl (to the left)
Arms up in an "Oh"
Hand over mouth / stop sign
Monkey arms
- (move back toward center)
- Verses: Awkward spacesuit walk (left, than right)
Arms up to blast off
Blast off left, center, right, center
- Pre-Chorus: Walk on the moon forward (to the left)
Moonwalk backward
- Freestyle: aliens and/or float through space
- Pre-Chorus x2

Stars x2

Chorus

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)

Rub hands to start the fire

Fan the flame

Sizzle wave (start at one end, move to the other making sizzle noise)

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)
NaNaNaNaNaNaNaNaNaN (NaNaNaNaNaNaNaNaNaN)
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

Spirituality Center

Beauty From What Is Broken

Fabric mosaic using various colors and patterns, and Pellon EZ-Fuze backing (iron to make permanent)

Baptism Ducks

Baby pool filled with a bit of water and lots of rubber ducks. Take a duck and decorate it, making it unique to you. With water, remember your baptism. With the duck, remember that God knows, loves, and claims YOU.

Framing Our Gratitude

Large frame made of wood, with twine strung in many directions inside. Write things you are grateful for on small colored pieces of paper and use clothes pins to attach

Praying in Color

Print out coloring sheets and color them

Sand Prayers of Confession

Baby pool filled with a few inches of sand, with sticks for writing. Write down a prayer of confession or something you want forgiveness for, then simply rub it out.

Chalkboard Doors

Doors covered in chalkboard paint with various questions written on them. Chalk provided for responses.

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?"

Prayer Flags

Fabric of various primary colors cut into rectangles. Youth write their prayers in sharpie, then pin their flag to twine hung between trees.

Rec Around the World (Monday Afternoon Small Group Rec)

Javelin Toss
Hammer Throw
Group Hurdles
Human Foosball
Giant Human Checkers
Giant Frisbee Connect Four
Pyramid Stacking
Water Toss (Colanders on heads, wet sponges)
Bed Sheet Volleyball
Giant Croquet
Dragon Tail
Walking Marathon around Lake Susan

Messtival (Tuesday Afternoon Rec)

Pool of Yuck (available here: <http://buckets-o-fun.com>)
Splatter Paint on sheets (block off a shape with masking tape; splatter washable finger paint)
Upcycling
Praying in Color (see Spirituality Center)
Crazy Hair Dos and Face Paint
Graffiti Boxes (plain boxes with questions; youth write answers on boxes)
Sidewalk chalk