

## **Sunday Night: World – A – Glow Party**

Started in Anderson Auditorium with all lights out leading energizers Revolution, On Top of the World, Istanbul while all conferees held a glow stick that was given to them.

Glow party transitioned to Moore Center Field. The following stations were found there and participants were allowed to float from station to station.

Glow in the dark bowling

Glow four square in the air

Black light graffiti board

Shadow box

Activities led from stage included

Cha Cha Slide

Cupid Shuffle

YMCA

Shout

Run Around

Poison Pass (using led light balloons):

Keeping all balloons in the air

Mixing youth up by passing glow sticks up by passing glow sticks from one to another until reaching a group of 16.

Glow Stick Pictionary

Ended with piling glow sticks in a sheet and tossing them into the air.

## **Monday Afternoon: Construct a Conferee**

Every small group received a cut out of a person and was instructed to travel to stations and decorate using craft supplies found there (markers, chalk, colored duct tape, multi colored feathers, tissue paper, glue, newspaper). Below are the questions that were to be discussed as they decorated their conferee. Please encourage your group to decorate as much of the conferee as possible, leaving as little white space as you can!

Below we have guiding questions and topics that you can lead your small group in at each station.

Decorate your conferee in a way that reflects the beauty you see around you

- How do we define beauty?
- Beauty can be an internal or external, physical or non-tangible viewpoint

Decorate your conferee in a way that celebrates your differences

- Differences are not always dividers; it is wonderful that we have variety in our group's makeup. If we were all the same, how boring and blah would that be?

Decorate your conferee in a way that reflects your best self

- Not only external, but internal
- What does your best self look or feel like?
- Best self does not equal perfection

## **Monday Night: Montreat Olympics**

Divided into equal size groups that rotated from station to station. Groups had approximately 5 minutes at each station before being asked to rotate. Stations were:

Noodle Fencing  
Cross Country Skiing  
Roman Thumb Wrestling  
Volleyball  
Synchronized swimming  
Human croquet  
Discus throw

### **Tuesday Afternoon: Montreat Classics**

Individuals went to the station of their choice.  
Hammock Lounging  
Rock Stacking  
Jam Session  
Ultimate Frisbee  
Montreat Wavers and Walkers  
Rock Hopping  
Easy and hard hike led by Montreat Rangers

### **Tuesday Night: Movie, Mission, Trivia**

Movie shown in Anderson Auditorium (*Inside Out*)  
Trivia in Upper Anderson using Kahoot [www.getkahoot.com](http://www.getkahoot.com)  
Mission station packing school supplies brought by back home groups

### **Wednesday Night: Meet me at the market!**

Live band and caller (hired separately)  
Vendors/artists (volunteers from the community):

Wool spinner  
Quilter  
Wood Carver  
Potter  
Gardener  
Interactive Booths  
Face Painting  
Sensory smelling station (garlic, rosemary, bell pepper, mint, basil)  
Upcycle t-shirt into a tote bag (t-shirts brought by conferees)

<https://youtu.be/hnRjkdLfxEQ>

Snack station (lemonade and popcorn)  
Event began with mingling with vendors while the band played and then transitioned to a square/barn dance once vendors were leaving. (Vendors stayed for 45 minutes.)

### **Thursday Afternoon: Workshops**

Lectio Divina Coloring  
Campus Ministry Workshop  
How to teach and create an energizer  
Beginners Yoga (hired a yoga instructor)  
Walking the Labyrinth  
Stump the Pastor

Movie about the environment (*Wall – E*)  
Lip Sync Battle  
International Dance Workshop

### **Friday Afternoon: I wanna sing and dance!**

Coffee House

Whisper Challenge: Whisper challenge is played on the walkway around the lake close to the huckleberry. Whisper challenge words used: worship, keynote, small group, energizers, recreation, The gate, Lake Susan, Lookout Mountain, the Huck, the barn, Anderson Auditorium, assembly Inn, rock hopping, ice cream, taco Tuesday.

Player one puts on a pair of headphones and listen to loud music while player two whispers a word from above to player one. Player two continues to whisper words repeatedly until player one guesses correctly or gives up. Repeat three times and then switch roles of the players

Wii Just Dance Party: Have the just dance Disney wii game. Have a leader hold the remote but the entire group follows the dance steps on the wii game.

### **Energizers**

#### Africa

Bongo drums during introduction (long!)

Tightrope walk (4 times one way, 6 the other)

Swing on a vine (4 times one way, 6 the other)

Clear path (say "YAH!") (4 one way, 6 the other)

Caveman walk (step, blink hands down, say "ooh!"; step, blink hands out, say "ahh!") 4 each way

Chorus:

(Shout each animal's name as you perform each move!)

Iguana (extend one hand out, imitating tongue) left and right

Jaguar (lunge forward, extend arms to side) left and right

Kangaroo (hop like a kangaroo) left and right (also, kangaroos do not live in Africa)

Lion (step and make claw shape with hands top to bottom) left and right

Rain (make rain motion with fingers top to bottom)

Thunder (stomp and shout "thunder!")

Lightning (blink with hands above head and shout "lightning!")

#### Beauty in the World

Bend at elbows and move arms up, down, out, out. Repeat 4 times

With palms facing out, roll arms into body downwards. Then repeat rolling up. Repeat segment 4 times.

Place hands together above head to make a triangle and sway from side to side for 4 counts.

When you hear butterfly move hands above head into bird/butterfly formation. Sway for 4 counts.

Walk and turn to the left with a double clap on beat 4. Repeat the other direction. Repeat whole move twice.

"Shake your booty" Twist to the left for 4 counts and to the right for 4 counts.

Hit your knees quickly for 8 counts and then clap your neighbors hands on the left and right for 8 quick counts.

#### Revolution

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

6 counts to one direction hitch-hiking

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

Repeat

### On Top of the World

Stretch Down and Up 2x

Hike R and L

Half climb up rope, Half pull, switch

Rock Climb right, repel.

Look R and L

Shimmy right, clap, jump up, repeat left.

Dance in circle, dig down right and left. Repeat from shimmy. Thunder.

Repeat Hike R and L, Climb up/pull rope. Look Right and Left. Repeat shimmy

Wave

Repeat from shimmy.

### 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

### Ants Marching

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

### Numa Numa

Get ready for the day.  
Wiggle Walk Right, clap, right leg and left arm up, repeat other direction.  
Repeat.  
Half Poses/Half takes photos. Switch. Aisha 8x  
Carlton 8x  
Numa, Numa  
Repeat

### Istanbul

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

### Waving Flag

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

### Ordinary Day

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

### Wipe Out

Divide in to 4 parts. Leader one begins pattern that is then passed to the next section when the designated leader yells switch. Leader one begins a new pattern. When switch is yelled again leader one passes pattern to leader two and leader two passes pattern to leader three. Leader one then begins a new pattern that is passed to leader two when switch is called. Leader two passes pattern to leader three, which then passes to leader four. Repeat as many times as desired.

### Snaps

No music and done silently. Leader one "throws" a snap to leader two. Leader two catches with a snap. Leader two then sends the snap back with a snapping action to leader one until participants grasp the concept. This throwing of snaps is varied in speed and height to add variation to the activity. The leaders lead their section in catching and throwing snaps to the other section.

### Dum Dum Diddy

Done while sitting down and reciting the song Dum Dum Diddy Diddy.

To add variation you can repeat at varying speeds and with different accents while singing.

When tapping your own knees you are saying dum dum

When moving to the right, say diddy diddy

When moving to the left, say da da.

Tap your own knees 2 x, tap your right knee and your neighbor's left knee 2 x, tap your own knees 2 x, tap your left knee and your neighbor's right knee 2x, tap your own knees 2 x, tap your right knee and your neighbor's left knee 2 x, tap your own knees 2 x, tap your left knee and your neighbor's right knee 2x, tap your own knees 2 x, tap your right knee and your neighbor's left knee 2 x, tap your own knees 2 x, tap your right knee and your neighbor's left knee 2 x, tap your own knees 2 x, tap your right knee and your neighbor's left knee 2 x, end by tapping your own knees three times.