

Energizers

Can't Stop the Feeling (Justin Timberlake)

<https://www.youtube.com/watch?v=1j40ErjgPW0&t=2s> or

<https://presbyterianyouthtriennium.org/resources/energizers/>

Pull the rope x 4, Pull the rope x4

Grapevine x4, grapevine x4

Back x2, forward x2

Airplane, land it

Funky knees

Rocking horse

Spotlights

Shoulder brush, Cabbage patch

Magic wave

Jumps, lean, roll (LOW)

Jumps, lean, roll (HIGH)

FREESTYLE

(Start over)

Shimmy x2 Left, right

Travolta X2 left, right, left, right

You Will Never Run Away (Rend Collective)

<https://www.youtube.com/watch?v=tB0uC12sSZM> or

<https://presbyterianyouthtriennium.org/resources/energizers/>

Bollywood with clap (L, R) x2

Happy dance (top L, bottom L, top R, bottom R)

Boots, boots

Backpack, backpack,

Map, map

Look, look

Cut the brush x4

Swim x4

Get out of the water (L, R)

Get scared and scream

Chorus:

Run, point in front with both hands, cross heart

Run, hands on shoulders of people beside you

Run, point, shine

Run, point, hook arms and sway

Repeat red section

Repeat chorus with extended sway

Bridge:

Cross heart with arms and open them down towards side
Raise arms/hands
Sway to tempo
Repeat to tempo
Repeat chorus

Coconut (Asereje - Hippy by Las Ketchup)

Ukulele
Hula (box step) x four full boxes
Point to coconuts around in a circle, left then right
Look left
Look right
Hands up celebrate
Shake the tree
Chop the coconut
Put in the straw
Repeat
Freestyle

Revolution (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,
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

Wavin' Flag (K'naan)

Drum Roll
Knees Knees Clap Clap – Taylor Swift (2 times)
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
1,2,3,4
Long short short long, strong arms
Freedom pose
Wavin Flag
Beyonce

Sparkle (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

Wipe Out (The Surfaris)

(follow the leader but one step behind)

Run Runaway (Great Big Sea)

("verse 1")
2 pats on your own knees with both hands – 2 beats
2 pats on your left neighbor's knees - 2 beats
2 pats on your own knees with both hands – 2 beats
2 pats on your left neighbor's knees - 2 beats
2 pats on your own knees with both hands – 2 beats
2 pats on your left neighbor's knees - 2 beats
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!"

("verse 2")
Snap (both hands), clap, snap, clap, clap – 4 beats
Repeat two (2) times
Alternating arms over head 3 times (left first), saying, "Woo! Woo! Woo!" -4 beats

("verse 3")
Rock baby, saying "Rock, Rock!"
Wiping tears from eyes, saying "Waaa! Waaa!"
Repeat
Pretend to suck thumb, saying "Suck your thumb!" (4 beats)

("verse 4")

Milk cow with right hand, saying, "Moo!"

Milk cow with left hand, saying, "Moo!"

Make lasso with right hand, saying, "Lasso!"

Repeat two (2) times

Hands to mouth in yelling position, facing right, saying. "Head'em up!" - 2 beats

Hands to mouth in yelling position, facing left, saying. "Movin' out!" – 2 beats

Repeat all "verses"

Can't Hold Us (Macklemore, radio edit)

Tango right and left

Bernie

Right arm up 2x, Left arm up 2x

Maestro little then big Macklemore (hands and legs) Wax floor down and up

Shoulder dance

Repeat Tango, Bernie, Arms

Leader: NaNa, NaNa

Group: Repeat

Leader: Nanananananana

Group: Repeat

Baby Shark, Teenage Shark, Momma Shark, Daddy Shark, Rawr!

Macklemore

Wash Hair, Rinse it out 2x

Repeat Tango sequence

Share the Well (Caedmon's Call)

Put hands up and hands together over head
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

Bridge: left arm out / right arm out/ cross arms / arms up/ arms down Repeat Roll Arms Repeat
Hands up over head

Firework (Katy Perry)

Hop swing 8x

Pump wave 8x

Cross walk 4x left, cross walk 4x right

Running man

Middle: 2 down, 2 up

Side: 2 down, 2 up

Middle: 2 down, 2 up

Side: 2 down, 2 up

Start the fire (rub)

Fan the flame

Sizzle wave

Roll up

Boom! Ahhh!

Fist pump, jump and pump

Ordinary Day (Great Big Sea)

Morse Code

“Cast, cast, reel it in” x2 (can alternate to net the 2nd time)

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

On Top of the World (Imagine Dragons)

Stretch Down and Up 2x

Hike R and L

Half roll 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, roll up/pull rope. Look Right and Left. Repeat shimmy

Wave

Repeat from shimmy

Numa (Dragostea Din Tei by O-Zone)

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

Run Around (Blues Travelers)

Charlie Brown – Hopping back and forth with arms at side –
Tango – Right arm out, left hand on stomach, step right 4 times – 8 beats
Repeat opposite arms, stepping left
Cha Cha – right 4 times – 8 beats
Repeat 4 left
Sprinkler – left arm out, right hand on back of head, making sprinkler sound “Ch” 8 times – 8 beats
Repeat opposite arms
Drink machine – facing left, use right hand, push button 3 times and drink, saying “Woo!” – 4 beats
Repeat
Drink machine – facing right, use right hand, push button 3 times and drink, saying “Woo!” – 4 beats
Repeat
Still facing right, start lawnmower with right arm 4 times - 8 beats
Mow forward (still facing right) 8 steps – 8 beats
Pull mower behind you back to left 8 steps – 8 beats
Still facing left, start lawnmower with right arm 4 times - 4 beats
Mow forward (still facing left) 8 steps – 8 beats
Pull mower behind you back to right 8 steps – 8 beats
Charlie Brown – 8 beats
Clap with back of hands, raising arms 4 times – 4 beats
Dig up right twice, saying “Woop! Woop!” – 2 beats
Dig up left twice, saying “Woop! Woop!” – 2 beats
Repeat 4 times
Charlie Brown – 8 beats
Repeat

Recreation Activities

Sunday:

DIY Glow ring toss - use a 2 liter bottle with glow stick inside with water and make rings by connecting glowsticks

Giant connect four

Giant Jenga

DIY lite brite -

<http://triennium.myworshiptimes22.com/wp-content/uploads/sites/11/2016/08/Make-your-own-Giant-Lite-Brite-board-copy.pdf>

Glow sidewalk chalk

Glow tattoos

Glow face paint

Tricycle 360 relays - Set up course on sidewalk or in parking lot with a cone for them to go around and come back

Hula hoop tic-tac-toe - use 9 hula hoops and beanbags to represent Xs and Os

Glow volleyball - glow in the dark volleyball or beachball

Potato sack relays

Monday:

DIY Peace Bingo cards for backhome groups

Trivia night - "Trivia plus" Six rounds of trivia questions with activities in between

Activities include: Roll 56 dice game, energizers, group scavenger hunt, Up Jenkins (hide the coin game)

Tuesday:

Asheville Youth Mission (AYM) kits

Scrabble tile art

Human skee ball

Jumbo spoons game

Beach ball kickball

Montreat jigsaw puzzle relays

Carpool karaoke - chairs set up to resemble a vehicle, fun props and steering wheel, and music

Wednesday:

Turquoise table - turquoise tablecloths and blankets with discussion questions & prayer cube

Litebrite board again but this time we used colored golf tees for design work

Prayer doves

Friendship bracelets

Magnetic boards

St. John's Bible - we used coffee table version. <http://www.montreat.org/saint-johns-bible/>

Music circle - invite youth and adults to bring their own instruments to play at rec event

Prayer board with prompt

Table Grace Cubes (printable template at First Palette Kids, www.FirstPalette.com)

Thursday:

Choose your own way to seek peace (yoga, hiking, labyrinth, etc)

The Power of Forgiveness movie & discussion

Remind.com text photo scavenger hunt

Peace Walk (no specific location, choose your own path)

- Practice the act of noticing using your senses. What do you hear... smell... feel... see? Look up, look down, look side to side, look forward, look behind. Look up close, then look at the bigger view. Where do you notice signs of new life? Where do you notice

death and decay? What draws your attention? What feelings are evoked? What do you like or dislike in your surroundings? What perspectives bring you a sense of peace? What do you notice for the first time or what do you experience in a new way as you walk?

- As you walk, use any of the following breath prayers:
 - “My help comes from the Lord, the maker of heaven and earth.” - Psalm 121:2
 - “When I am afraid, I will trust you.” - Psalm 56:3
 - “Not my will, but yours.” - Luke 22:42
 - “Jesus Christ, son of the living God, have mercy on me.”
- As you finish your Peace Walk, offer a prayer of thanksgiving for God’s living creation and close by resting in God’s grace and love.

Friday:

Giant bananagrams

Giant connect four

Giant lite brite with colored golf tees

Volleyball

Carpool karaoke

Trigger: The Ripple Effect of Gun Violence movie & discussion (PCUSA documentary)