

Theta - Recreation Manual

Theme: A Missing Peace

Dates: July 10-14, July 17-21

Leaders: Betsy Apple-Eldridge & Omayra González-Méndez

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Sunday: Perceiving Peace

Opening Night: Energizers

- Intro Energizers (after video): “Can’t Stop the Feeling” & “Firework”
- Closing Energizers (with glow sticks after commissioning): “Revolution” & “Waving Flag”
 - o Omayra + Betsy will split up / one will go outside to hype the rec event while the other finishes Wavin’ Flag and invites folks outside once house lights come up.

Night Event: Glow Party | Carrying the Good Light Into the World

Rain Plan: Energizers in Aud, Games in Upper Anderson

Main Idea: Glow in the Dark (GITD) party with various stations/activities - interactive and engaging. Anderson Lawn is activity heavy, Moore Field will be more “party- esque with music and dancing. Encourage fellowship as conferees interact with both back home friends and new small group friends.

Stations/Games:

- Energizers from Stage
- List of Mixers (see appendix at end of the manual for ideas)
- GITD Frisbee Challenge
- GITD Bubbles
- GITD Bowling
- GITD Ring Toss
- 4 Square in the Air (with GITD ball)
- GITD Shadowbox Charades
- GITD Beaded Bracelets
- *Only One You* Stone Garden
- GITD Face Paint
- GITD Oversized Lite-Brite Board
- GITD Graffiti

Monday: Receiving Peace

Morning Energizers and Games:

- Start with 1-2 questions to get ppl. moving (i.e. *Find somebody wearing a blue shirt and give them a high five*)
- “Firework”
- Debut “Madre Tierra”
- “On Top of the World”

Afternoon Rec Event: “Peace-Ing It Together” (BHG Rec)

Rain Plan - Create peace poles and complete activities in assigned indoor locations. Will be sorted alphabetically (by church name) during pre-con. Will distribute written clues and rain plan locations in registration bags.

Main Idea: After afternoon small group, back home groups are invited to gather on Moore Field to create their peace pole. After they create their peace pole, they’ll travel to various locations around Montreat’s campus to play a games/do goofy activities. We’ll encourage them to take pictures and post to social media with the hashtag #peace2gether. At completion, we’ll encourage each group to leave their peace pole (so it can resurface in worship) and take a picture at the *Finisher* banner. This event is multipurpose: we want folks to get familiar with the MTR campus and do plain ol’ silly fellowship together. Clues can be found in the rec manual appendix.

Stations/Games:

- Peace Pole Creation
- The Kitchen Sink Band
- Mad (Wo)Men
- In Their Shoes
- Chalktown, U.S.A
- Buncha Tree Huggers!
- Y’all All on the Wall?
- Blindfolded Bowling
- Peace Out, Gravity!
- Spell It Real Good
- Get Clucking!
- Car Karaoke
- Finisher Banner

Night Rec Event: Peace Party

Rain Plan: Movie in Upper Anderson

Main idea: Primarily we're looking for fellowship outside after worship and will try to drive that with lots of options (high and low impact/energy stations, space for introverts and extroverts). Work crew, PT, and SGLs will encourage participation by modeling engagement with each activity.

Events + Games:

- Flowers Crowns
- Huge Finger/Foot Paint Signs (peace sign and dove)
- Chalked Peace Path
- *Only One You* Stone Garden
- Oversized Memory Game
- Express Yourself photo booth
- Henna Tattoos
- Shoulders, Knees, Head, CUP!
- Giant Games (corn hole, jenga, connect four)
- Lectio Divina w/ Conference Pastor
- Pantyhose Bowling
- Pool Noodle Obstacle Course

Tuesday: Peace in the Broken Pieces

Morning Energizers and Games:

- "Can't Hold Us" / Ships and Sailors / "Numa Numa" / "Can't Stop the Feeling"

Afternoon Rec Events: Montreat Classics

Rain Plan - Movie in Convo, Energizer Workshop in Upper Anderson, Jam Session on Wayout Porch, and games in Anderson Lobby

Main idea: Aiming for a laidback/relaxing afternoon - one where conferees can experience some of the Montreat "go-tos."

Events + Games:

- Hammock Lounging around Lake Susan
- Jam Session on Anderson Lawn (SGL facilitator)
- Montreat Waver and Walkers
- Rock Hopping and Stacking (PT facilitator)
- Hike Lookout (Leadership facilitator)
- 4 Square and other Lawn Games
- Energizer Workshop (Leadership facilitator)
- College Fair in Anderson Lobby

Night Rec Event: Peaceful Practices (rec runs from 7:30-8:30, worship from 8:30-10)

Rain Plan: Rearrange stations to fit in Anderson - Upper, Lobby, and Auditorium. Will cut a couple to make it work.

Main Idea: We're mixing it up here - want to process, in action, what it means to blend worship and recreation. Encouraging folks to thoughtfully, prayerfully, and creatively prepare their hearts and minds for worship.

Stations:

- Guided Meditation w/ Conference Pastor in Moore Center Meeting Room
- Smell and Feel Peace
- Visio-Divina with Illuminate Bible (Carol Steele will be present)
- Prayer in Color (mandalas)
- Water Well
- "I Am ..." Mirrors
- *Only One You* Stone Garden
- Deconstruct the Wall
- Music Circle
- Beaded Cross
- Confession Cross
- Prayer Tree
- Bible Verse Bookmarks on Paint Samples

Wednesday: Pieced Together

Morning Energizers and Games:

- "Run, Run Away" with Katie and Kevin / "Wavin' Flag" / "Madre Tierra"

Afternoon Rec Event: None (Free Afternoon)

Night Rec Event: Interactive Concert

Rain Plan: Move lawn games into Upper Anderson. concert continues as planned.

Main Idea: Cameron will have a chance to perform some of his original work. Myriad games/activities will be available outside the aud for those who want to gather and play.

Events + Games:

- Concert
 - o Sing Along led by Cameron ("Fix You" and "Home")
 - o Live Energizer ("On Top of the World")
 - o Commercial Break (video from Monday afternoon pulled from social media)
 - o Song Roulette (Katie, Kevin, Betsy, Omayra - will improv songs to Cameron's riffs)
- Express Yourself with Clay
- Big Games (corn hole, jenga, connect four)
- Puzzle Competition / "race against the clock" to complete two (2) identical puzzles. Who will finish first?

Thursday: Prophetic Peace

Morning Energizers: (Throwback Thursday)

- "Revolution" / "Tell Me Who's In the House" / "Run Around"

Afternoon Rec Event: Carrying Peace Into the World

Main idea: Mission - God's call to carry peace is bold! Conferees will have space to hear from myriad folks about the ways the Church works in different parts of the world - and how they (the youth, their churches) can and should get involved. This is a **Small Group Rec Event**.

Details of the events:

- School Supply Kits (Neighborhood Ministries, Kirk of Kildaire)
- Toiletry Kits (Presbyterian Disaster Assistance)
- Letters for Missionaries (Presby HQ in Louisville)
- Blessing Bags (Asheville Youth Mission)

Friday: Theme- Peace of Christ

Morning Energizers and Games:

- 15 min. Mega Mix (AV crew will create)
- Live Energizer with Cameron - "On Top of the World"

Afternoon Rec Event: Peace Out! Trivia - 2 locations (Upper Anderson and Convocation Hall)

Rain Plan: None. Event will take place as planned.

Main Idea: For the last rec event, conferees will have a chance to gather at table with one another as back home groups, small groups, or as random groups and engage in a little healthy competition!

- Conference Support will get popcorn / 1 bag, split between 2 locations
- AUD will set-up water stations in each location
- Omayra/Betsy will give Lisa trivia content; Lisa will make power point and scoring sheet

Appendix A - Monday Afternoon

"Peace-Ing It Together"

This afternoon's recreation event involves traversing the heart of Montreat as a back home group. Whether this space is familiar or brand new, we hope you'll dive headfirst into the goofy and creative community building activities!

The event starts with a gathering in Moore Field where your group will create their Peace Pole. By definition, a Peace Pole is a handcrafted monument that displays the message and prayer "*May Peace Prevail on Earth*," usually in different languages. There are tens of thousands of Peace Poles in 180 countries all over the world dedicated as monuments to peace. They serve as constant reminders for us to visualize and pray for world peace.

This week, your Back Home Group's Peace Pole will serve as an identifier of *who* and *whose* you are! If you opted to bring supplies from home, please be sure to bring them with you to the event. We'll provide scissors, adhesive, and basic décor supplies.

After your group completes their Peace Pole, you'll make your way to several stations. The clues to prompt your journey are printed on the back of this page. At each location, you'll get a stamp on your Missing Peace bingo card. Once you've completed the card, join us at the finisher banner for a picture!

Note: If you are a back home leader with mobility concerns, we hope stations marked with Δ on your map will be more accessible.

CLUES: Participants will be given a 3x4 bingo card at the table where they craft their peace poles. At each station listed below, a Small Group Leader or Work Crew team member will stamp a square of your bingo card at completion. The challenge is to fill up all 12 squares with stamps! Then, your group is a "finisher."

1. Kitchen Sink Band: Head over to the Anderson Lawn gathering place to show off your talents. And by talents, we mean ... Y'all got rhythm, right? MAKE SOME NOISE, MONTREAT! By now, you've heard the conference theme song. (Cameron introduced it to us this morning, remember?) Here's your challenge: Using the kitchenwares provided, perform your best rendition of the conference theme song. Pretty please catch these on video and share! We want to show off your skills to Cameron!
2. Mad [Wo]Men: In the hit TV show Mad Men, we follow the stories of an advertising business. From ham to ketchup, they have all sorts of wacky and creative ideas to boost sales and interest. It's your turn! Your back home group has been tasked with making an advertisement for Montreat Youth Conference. How would you pitch this place to folks who have never heard of it? How would you convince somebody skeptical about a conference to try it out?
3. In Their Shoes: We have our very own racetrack at Montreat. Head to the central meeting place (hint: starts with "ga", ends with "zebo"). Further instructions await you there.
4. Chalktown, U.S.A: This is a side of Anderson you might not see very often and where our STELLAR AUD and AV teams park their trucks. Since they do such an amazing job making sure keynote, worship, and rec look and sound great, let's turn their zone into a beautiful art gallery! Whether it's a quick "thank you," a funny doodle, or a masterpiece ... Up to you!
5. Buncha Tree Huggers!: Montreat is full of beautiful trees and people who love them. As a team, find and hug a tree marked with a pink heart. Make sure to snap a picture of your group

showing the tree some love!

6. Y'all On the Wall? : Go to the place in Montreat where people like to pop a squat and hang with friends new and old. Give those quads a good burn and hold a "wall sit" for as long as your can. MAJOR props if you can do the "Run, Run Away" energizer while holding the wall sit.
7. Blindfolded Bowling: Ever been bowling? Ever been blindfolded? Ever done both at the same time? Lucky for you - today's your chance!
8. Peace Out, Gravity!: Strangely, Montreat has been transported to the surface of the moon. Pick a Montreat activity and location (creek hopping/creek, swan watching/Lake Susan, energizing/wherever the spirit moves you, etc.) and do it like you would on the surface of the moon.
9. Spell It Real Good: Find a plot of empty ground (use caution!) that's the right size for your back home group to spread out on. Using your bodies, spell "PEACE." Make sure your leader gets an aerial shot of this one!
10. Get Clucking!: Why did the chicken cross the road? Because Montreat. Walk and talk like a flock of chickens as you get from point A to point B. Remember: the more clucking and neck movement, the better! Bonus? Show off your best "my-arms-are-actually-chicken-wings" moves.
11. Keep Montreat Green: As Children of God, we are also stewards of the Earth! Here's your challenge: Your back home group needs to collect 15 pieces of trash. Recycle what you can. BE SURE to take a picture clearly showing what your group gathered!
12. Carpool Karaoke: Head on over to the Anderson Parking Lot and find one of our "vehicles". Once you're loaded up and buckled in (Click It or Ticket!), sing your hearts out! If more than one BHG arrives at a car at one time, double it up! Karaoke is more fun with more people, right? #roadtrip #churchvan
13. Pantyhose Bowling: Get ready to get goofy. At this station, two brave and silly souls will pull pantyhose over their heads. There will be tennis balls in the feet of the pantyhose. Giving it their all, your two youth will compete to knock over bowling pins by swinging their heads back and forth. First one to knock all five down is the victor!

Appendix B - Pool Noodle Obstacle Course How-To

You will need both straight, unaltered pool noodles and pool noodles bent into a circle and taped together. The circular pool noodle is easy to make; just bend the pool noodle until both ends come together and secure them together with duct tape.

Obstacle 1: Ground Crawling: Stick a yard stake in the ground and push 1 end of a pool noodle on it (pool noodles have a hollow middle with holes at both ends). Bend your pool noodle over to make a semi circle and push another yard stake in the ground where the pool noodle ends. Push the other end of the noodle on the stake. Repeat this process until you have the desired number of arcs, placing each pool noodle about 1 foot apart from the next.

Stage 2: Agility Rings: Place 1 straight pool noodle horizontally on the ground. Going upwards, put 10 circular pool noodles on the ground, 2 at a time. At the end, place another straight pool noodle. The object of this part is to bounce from ring to ring without disturbing them!

Stage 3: Football Toss: Place 1 yard stake in the ground. Push a straight pool noodle onto the yard stake. Grab 2 pool noodle rings and tape them to the top of the straight pool noodle with 1 underneath the other. Repeat with 4 more circular pool noodles. Where the circular pool noodles end, place another yard stake in the ground and push a straight pool noodle onto the yard stake. Tape the circular noodles onto the straight noodle. If you're having difficulty keeping this obstacle straight, you can also push long sticks into the ground for reinforcement. Tape the sticks to the long and straight pool noodles.

Stage 4: Soccer Skills: Stick some yard stakes in the ground in a straight row, each stake about 1 foot apart. Push a pool noodle onto each stake so they are sticking straight up in the air. Leave some soccer balls at this obstacle and watch the kids try to kick/dribble the ball around the noodles.

Stage 5: Ring Toss: Push a yard stake into the ground and push a pool noodle onto the yard stake so the pool noodle is standing straight up in the air. Have your kids try and throw a pool noodle ring onto the pole.

Appendix C - Tuesday Night

Peaceful and Prayerful Practices: Readyng Our Hearts and Minds for Worship

1. Station: Deconstruct the Wall

Think of a prayer, a call to action, a positive/peaceful phrase, or a word that captures the love and hope that God brings us.

Using a piece of fabric or ribbon and a marker, encourage the youth to write that message of love and hope that over powers that hatred on the wall.

Once done, invite youth to tie fabric strip to the wall covering up the words of hate. These thoughts will act as a symbol of the way that love, hope, and peace can transform our communities into positive places.

2. Station: Sensory Peace

Sensory therapy can relieve feelings of stress and tension. When the world closes in on you, sometimes intentional kinesthetic practices can bring us peace.

Invite youth to smell and feel peace. There will be several options - a bowl with water, essential oils, finger paint, and sand/seashells.

3. Station: Oversized Zen Garden

White sand has long been a feature of Japanese gardens. In zen gardens, it represents water - typically the sea or ocean. Zen gardens are places of meditation.

4. Station: Big Labyrinth

A labyrinth is, in its most basic form, a complicated and irregular network of paths in which it is difficult to find one's way.

Please invite youth to mindfully walk the labyrinth. Encourage them to think back to this morning's keynote when Paul spoke about God holding peace in the midst of our chaos, hurt, and disillusionment. As the youth make their way through the maze, not always knowing where to turn, remember the line from the Psalmist:

*Answer me, O LORD, for your steadfast love is good;
according to your abundant mercy, turn to me.*

- Psalm 69: 16

5. Station: Visio Divina with the Illumination Bible

Using the Illuminate Bible as a template, conferees will pull from scripture (that they've heard at the conference or commonly heard passages) and illustrate those passages, like the bible on display.

6. Station: "Only One You" Stone Garden

The world is a complex and diverse place and gathering together here in Montreat provides us an opportunity to see and hear varying perspectives.

Each and every one of us is unique. We each have something meaningful to contribute to the world! How can you carry God's peace out the Montreat gate and into your schools, churches, sports teams, etc.? Please paint a stone and make it uniquely your own! When you've finished painting, please place the stone in the peace path. Over the course of the week, we hope each and every conferee will create their own *Only One You* stone, making the stone peace path larger and larger! The stones will resurface on Thursday evening in worship as Katie and Kevin challenge us - be on the lookout!

7. Station: Pray in Color - Mandalas

This space can be quiet and contemplative or a place for low-volume conversation. In either case, invite youth to color the mandalas.

8. Station: Water Well

Invite youth to write a prayer for peace on a rock and toss into the well. In the case they may need a starting place, remind them of Psalm 69, which Paul shared with us this morning:

"Save me, O God, for the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God."

What prayer can the youth relinquish to God? Do they have darkness or hurt to throw into the deep waters of the well?

10. Station: "I Am ..." Mirrors

Mirrors will be scattered through the staircase leading to Upper Anderson. They will be written on with certain prompts. Please encourage youth to engage with the mirrors - whether in conversation with one another or internally. They may also write on the mirrors, answering the questions, with dry erase markers.

11. Station: Music Circle

Making or listening to music brings many people peace! Please invite youth to drum, sing, or otherwise make music.

12. Station: Beaded Cross

Please encourage youth to participate in this craft. Two nails will be fashioned into a cross with wire and adorned with beads. While this cross craft does not represent or attempt to emulate a rosary, the devotional practice applies. With each bead strung to the cross, can the conferee lift a prayer for a friend, family member, or place in the world needing or longer for peace?

13. Station: Confession Cross

This is an interactive prayer station. As we wade through the waters of the world, we bring many heavy things with us.

As youth come to the cross, please invite them to leave one or several of those burdens in the form of confessions by nailing it to the cross. As they leave the cross, remind them “know that you tread through deep waters a little lighter with God’s forgiving grace.”

14. Station: Paint Sample Bible Verse Bookmarks

Using the bibles and paint sample cards provided, please work with youth to create bookmarks.

Whether they choose one scripture passage or many is up to them. After they’ve written down the passages they want to carry with them, they are welcome to tie a ribbon through the hole in the top of the paint chip.

15. Station: Pray with Clay

This is an interactive prayer station. As the youth move through steps 1-7 (below), please encourage them to keep this scripture passage in mind:

*“... for it was you who formed my inward parts;
you knit me together in my mother's womb.”*
- Psalm 139:13

1. Pull off a chunk of clay.
2. Hold it in your hands.
3. Pay attention. Use your senses. What does it feel like? Look like?
4. Take a deep breath.
5. Imagine you are that clay and God is forming you, knitting you together.
6. Create a symbol of God at work in you, creating you to be a piece of God's good creation, at peace in God's presence.
7. Have fun. Play! God loves and lives in you!

15. Station: Prayer Tree

This is an interactive prayer station on creation and forgiveness (Genesis 2-3).

These two themes are not often linked together, but this station focuses on being created as

forgiven people from the beginning. There are two components to the station - youth be invited to add leaves (green construction paper) and roots (ribbon) to the pre-fab tree.

Leaves: Luke 11:4 - "Forgive us our sins, for we also forgive everyone who has wronged us. And don't lead us into temptation" At the time of Creation, we are reminded that we were created and God called us "good." At the time of our baptism, we are reminded that we are already forgiven. That is the grace and the abundance of God.

However, in the act of seeking forgiveness, receiving forgiveness, or giving forgiveness - good, grace, and abundance may not be the feelings we experience. Instead, we are often bound to shame, hurt, and maybe unworthiness.

INVITE YOUTH: On a leaf, write (or draw) a word representing your desire to forgive or be forgiven so that we may live into the grace and abundance that God has already given us.

Roots: Genesis 3:2-3 - "We may eat the fruit of the garden's trees but not the fruit of the tree in the middle of the garden. God said, 'Don't eat from it, and don't touch it, or you will die.'"

Genesis 3 suggests that knowledge, a necessity for human life, is something that is gained painfully. When humans understand what it means to be fully human, the realities of life come into full relief in all of the complexity and difficulty. Knowledge is both enlightening and painful.

Yet, it is through community that we were able to persist, thrive, and holistically understand our relationship with God. Like trees, we are individuals connected together in community by a common God who created us, loves us, and freely forgives us.

INVITE YOUTH: Reflect on your own community - city, world, family, work, social clubs. Reflect on where you have experienced grace, compassion, love, and support.

Write those names on a ribbon. Wrap and entwine the ribbon around the tree acting as roots to support the tree with nutrients needed to live.

Appendix D - Thursday Afternoon Backpack Activity (used on Thursday afternoon as a conversation tool for groups assembling school supply kits; goal is to facilitate conversation about systemic inequality in schools)

It's time to go back to school, which means school supply shopping! What's in your backpack?



Using the handout provided (see image to left for sample) and coloring/writing utensils, please fill in your backpack with anything you need or want to take back to school with you. Waterbottle? Locker decorations? Gel pens?

According to an annual survey from the National Retail Federation, total spending on school supplies is expected to reach \$75.8 billion this year. Parents will drop an average of \$675 on school supplies this year. This is a huge number ... one that can make or break some families' budget and some families may not even have the money to spend in the first place.

In the following activity, you will share several statistics with your group about poverty and school. With each data point shared, each member of your small group will "remove" two (2) items from their backpack by scratching them out with an "X."

We do hope you'll encourage your youth to thoughtfully remove things from their backpack.

- What goes first: a cool new water bottle or the pack of NO. 2 pencils they'll need for standardized tests?
- Why/how does being targeted for suspensions affect school performance?
- What if your single mom has to prioritize paying your family's electric bill instead of buying the new TI-84 graphing calculator for pre-cal?

Statistics:

1. Discipline
 - a. According to 2013–14 data collected by the U.S. Department of Education's Office of Civil Rights, black K–12 students are 3.8 times as likely as their white peers to receive one or more out-of-school suspensions.
2. Parent's Level of Education
 - a. As of 2015, some 61 percent of children under age 18 had parents who did not have degrees from a secondary institution. Breakdown below:
 - 10 % of children had parents who had not completed high school
 - 19 % had parents who had only completed high school,
 - 21 % had parents who attended some college but did not receive a degree
 - 10 % had parents who had completed an associate's degree
3. Who Is at Home?

- a. In 2015, some 63 percent of children under age 18 lived in married-couple households, 27 percent lived in mother-only households, and 8 percent lived in father-only households.
4. Who Eats Lunch?
 - a. Have you heard the term “*Free and Reduced Lunch?*” Where have you heard it? What comes to mind when you hear that phrase? What do you think it means?
 - b. This phrase refers to students enrolled in the National School Lunch and Breakfast programs - which is most often used to talk about consequences of poverty and how that affects learning. To qualify for a free breakfast & lunch a family of 4 makes \$31,525 or less.
 - c. 54% of all students attending public schools in North Carolina are now eligible for free or reduced-price lunches.
 5. Poverty at School
 - a. In 2015, approximately 14.7 million children under age 18 were in families living in poverty.
 - b. The poverty rate for children under age 18 varied across racial/ethnic groups. The poverty rate was highest for Black children (36%), followed by American Indian/Alaska Native children (32%), and then Hispanic children (30%) .

To conclude: youth in your small group will trade their backpacks with another member of the group. This should happen rapidly and in an unorganized fashion. This models the lack of agency many school-aged children have over their first-day experience. Before dismissing - go around the circle and have each youth display their backpack and list the supplies they'll get to take with them.

Pray:

Loving God, we come before you with prayers on our hearts. We pray for all children who will start school this Fall - those who can afford much and those who cannot. Keep them from being discouraged when facing the trials of the days ahead - from big projects and tough teachers to tattered uniforms and groaning bellies.

Thanks be to God for the youth gathered in this circle. For their thoughtful participation this afternoon and the ways they pieced together these kits that will bring peace of mind to kids and parents in Cary, North Carolina. We are wrapped in your love and faithfulness, Lord, and with that knowledge we are called to go into the world as Peacemakers, standing firm while letting our gentleness be known.

In your many names we pray - Hallelujah. Amen.

Appendix E - Energizer Call Sheets

Wavin Flag - K'naan

Drum Roll
Knees Knees Clap Clap – Taylor Swift (2 times)
Whoa Roll Hop clap clap (right and left) 2 times
Stomp Fist Pump (around in a circle)
Cross Cross Snap, (right and left)
Knee knee, air air, air pump air pump (right and left)
Singing Hands in circle up
Hands in circle down (turn table)
Drum Roll – 1234
Long short short long, strong arms, freedom pose
Wavin Flag
Beyonce
Spin around- soak up the fresh air
Dig 2 times each way- paying my dues to the dirt

Numa - Dragostea Din Tei by O-Zone

Check Make up/ primping in mirror
Wiggle Walk Left clap kick right leg up left arm up (repeat right) (2 times)
Photographers and Models (switch) Aisha Carlton 1234
Numa Arms Repeat at Wiggle Walk

Revolution - Kirk Franklin

With beat, make vertical part of cross with right arm
With beat, make horizontal part of cross with left arm
With beat, take down left arm
With beat, take down right arm
Repeat 1–2 When rhythm starts, bring cross down
4 beats Roll hands, bending forward
2 beats Roll hands, bending left
2 beats Roll hands, bending back – 2 beats
Roll hands, bending right – 2 beats
Dig down left – 2 beats
Dig up left, saying “Woop! Woop!” – 2 beats
Dig right left – 2 beats
Dig up right, saying “Woop! Woop!” – 2 beats
Repeat 7 - 14
Strut (walk) left 6 steps – 12 beats
Make siren above head with right hand, making siren sound “Woo” 4 times – 4 beats
Strut (walk) back to right 6 steps – 12 beats Hands lifting above head, saying “Raise the roof!” – 4 beats
Repeat 1 – 18 two (2) time

Can't Hold Us - Macklemore and Ryan Lewis

Chorus:

Tango 2 times each side
Cool Bernie
Put Ém Up (R arm up 2x, L arm up 2x)
Errywhur
(repeat from the top)

Stank face and clapp x 16 times
Tight maestro 8x
Big maestro 8x
Hit the Mack! (Macklemore move / gump legs, jellyfish arms) 8x
Wax the Floor (legs together, arms at sides, wind down)
Dance On It (hands on hips, shrug shoulders)
(repeat from the top)

Slow walk (2x R, 2x L)
Wash Your Hair (on 8th count, rinse) 2x

Chorus moves

Shark Fin Callback 1: NANA-NANA (hands together on top of head / people repeat nana's)
Shark Fin Callback 2: NANANANANANANANA (hands together on top of head / people repeats nana's)
Baby Shark (finger pinch) 4x
Teenage Shark (fingers-to-palm) 4x
Mommy Shark (elbow-to-clap) 4x
Daddy Shark (full arm extensions) 4x
WAAHH!

Stank Face and Clap 16x
Hit the Mack! (Macklemore move / gump legs, jellyfish arms) 8x
Wash Your Hair (on 8th count, rinse) 2x

End with chorus moves

Firework - Katy Perry

Hop-swing 4 times (left, then right) dig
Running man (center, left, center, right)
x8 Pump-wave (left, then right)
x8 Cross walk (cross arms in front, snap – left x4, right x4)
sizzle
Match
Roll up Firework: Boom! (jump with hands clapping above head)
Ahhh! (Bernie)
Fist pump x8 Jumping fist pump x8

Run Around - Blues Traveler

1. Charlie Brown – Hopping back and forth with arms at side – until end of harmonica 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

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

“Can’t Stop the Feeling” by Justin Timberlake

Pull the Rope 4x, R
 Pull the Rope 4x, L
 Grapevine R
 Grapevine L
 Rock Back 2x
 Rock Forward 2x
 Airplane (1 arm up, 1 arm down / walk in circle)
 Drop (Squat / scoop arms)
 Funky Knees
 Rock Back 2x
 Rock Forward 2x
 Spotlights (arms up / hands ‘flashing’)
 Dust Your Shoulders Off 4x
 Cabbage Patch
 Magic Wave (R arm up, L arm up, both arms up, lean back intro matrix move)
 Jump - roll R, roll L
 Jump - wave center, wave R, wave L
 Swim 4x, R
 Swim 4x, L
 Hammertime
 Repeat Above until *jumps w/ waves*, then:
 Swim 4x, R
 Swim 4x, L
 Hammertime
 Swim 4x, R
 Swim 4x, L
 Hammertime
 Lean back intro matrix move
 Jump - roll R, roll L
 Jump - wave center, wave R, wave L

“Madre Tierra” - Chayanne

Snap cross, small arm circle 4x (2L, 2R)

Snap cross, big arm circle 4x (2L, 2R)

Jump and Bop 4x (2L, 2R)

Strong Man

Jump R, “Hear” (hands cup ears)

Jump L, “Open Your Eyes” (hands cup eyes)

Jump back to Center, “Look Up to the Sky”(hands open, arms straight up)

Wave It On Down

Fist Pump R2x, L2X, R2X then Stretch L

Fist Pump R2X, L2X, R2X then Stretch L, R

Fist Pump R2x, L2X, R2X then Stretch L

Fist Pump R2X, L2X, R2X then Stretch L, R

Snap cross, small arm circle 4x (2L, 2R)

Snap cross, big arm circle 4x (2L, 2R)

Strong Man

Tambor! (Drum down - R then L - Drum up - R then L ; do so four (4) times until you’ve made a full 360)

Strong Man

Snap cross, small arm circle 4x (2L, 2R)

Snap cross, big arm circle 4x (2L, 2R)

Fist Pump R2x, L2X, R2X then Stretch L

Fist Pump R2X, L2X, R2X then Stretch L, R

Fist Pump R2x, L2X, R2X then Stretch L

Fist Pump R2X, L2X, R2X then Stretch L, R

Mixers:

Ships and Sailors

- “Ships” : Walk Right

- “Sailors” : Walk Left

- “Merman” : Sit down in the pew, legs together from the knees down, hula arms

- “Jack, I’m Flying!” : Two people do the Jack/Rose Titanic move

- “SHARK” : Everyone goes crazy with hands in the air yelling shark.

- “Three Women Rowing” : Three people line up and paddle their lifeboat