

Right 2 Ride Training Energizers

Here are some ideas of quick activities to do with the group if you see they are losing focus or becoming tired.

Call and Response

“When I say *Speak*, you say *Up*”

Call: Speak! Response: Up! Repeat several times

Sound Ball- by Alain Rostain

1. **Pretend to hold a ball in your hand.** “Show” this imaginary ball to everyone. **Tell players that they will be throwing this ball around.**
2. Explain that you are going to throw the ball to one of the players. **Before you throw the ball, you will make a special sound and say the name of the person you are throwing it to.**
3. Instruct the person to get ready to catch it. **Before catching the ball, the player should make the same sound that you made.**
4. Make a sound and “throw” the ball to someone. **Encourage this player to make the same sound and catch the ball.**
5. **Explain that the catcher can now throw the ball to any other player, saying their name and making a new sound as the ball is thrown.** The receiving player repeats the sound and catches the ball. This player throws the ball to any other player, making a new sound.
6. Stop the activity when the group gets into a flow and it appears that many people are engaged and having more fun.

Shake Down by HyperIsland

In this short and very physical energizer, the group shakes out their bodies one limb at a time. Starting with eight shakes of the right arm,



then eight shakes of the left, eight shakes of the right leg, then eight shakes of the left. It continues with a round of four shakes of each limb, then two, then one, ending in a big cheer. A good energizer when time is limited and the main aim is to get people moving.

Step 1:

Tell the group what you are going to do.

This energizer is short and efficient. For it to be effective, the person leading it needs to role model a high level of energy.

Step 2:

The group performs the “shake down” all together, counting loudly together as they go.

First, 8 shakes of the right arm, 8 shakes of the left arm, 8 shakes of the right leg, and 8 shakes of the left leg. Each time, counting “1 - 2 - 3 - 4 - 5 - 6 - 7 - 8!”

Next, 4 shakes of each limb. Then 2 shakes of each. Then 1 shake of each.

The shake down ends with a loud cheer and throwing your arms in the air.

60 second Belly Laugh- everyone put your hands on your belly and laugh for 60 seconds

