

60 SECOND ENERGIZERS

ZAP

The facilitator and students begin by rubbing their hands together to create friction. The facilitator leads everyone to take three deep breaths in unison. Then the facilitator calls out, "One, two, three!" On the count of three, everyone points into the center of the circle and yells ZAP!!

60 SECOND MIRTH QUAKE

The facilitator gives the following directions: "Stand, stretch without noise, smile without noise looking to the left and then to the right, pantomime laughing hysterically – a real belly laugh – finally, let's hear it!!!" (From *The Laughing Classroom*)

ANIMAL MADNESS

Each student pantomimes and makes the sound of an animal named by the facilitator, i.e., dog, cat, tiger, frog, etc. The facilitator names a different animal every 5-10 seconds at first, and then STEPS ON THE GAS by changing the animal every 1-3 seconds. The facilitator intermittently names an animal that makes an unfamiliar sound. The students are encouraged to make up the sound and have fun!

BODY BLITHER

Start by vigorously wiggling your hands. Then add shoulders, hips, legs and feet, and finally your head. The accompanying "blbl, blbl" sound that occurs when you relax your mouth and cheeks while vigorously shaking your head is fun and energizing, too. (From *Rhythms of Learning*)

STRETCHING YOURSELF

While music is playing, ask students to reach down and touch the floor. Then ask them to stretch to each side. Have them see how far they can reach behind them. Ask students to stop moving and, with eyes closed, imagine their body reaching as far as it can in all directions. Now, ask your students to envision a goal they would like to accomplish. Tell them to quietly imagine themselves reaching toward their daily, weekly, or monthly goal until they have attained it. Let them enjoy this vision! (From *Rhythms of Learning*)

MENTAL VACATION

Ask the students to close their eyes and take a mental vacation. Have them picture their favorite place or a place that they'd like to go. Tell them to picture all that is around them, sounds that they hear and smells that they smell. After 60 seconds tell them to pantomime what they would be doing there.

60 SECOND PROBLEM SOLVING

Ask the students to write down a problem or a question on a 3 by 5 card. Pass the card to the left. The person on the left writes down solutions to the problem or question for 60 seconds. Return the card to the original person.

HELLO

Form a circle, and say hello in any way to the person on your right. The person on the right repeats it exactly the same way and then says hello in a new way to the next person in the circle. Continue around the circle.

JELLY ROLL

Form a circle, hold hands and, when given a signal from the facilitator, roll in.

MY BONNIE LIES OVER THE OCEAN

Have the students sit in a community circle. The whole community sings the song, "My Bonnie Lies Over the Ocean." Each time the word Bonnie is spoken, the group stands up if they are seated or sits down if they are standing.

TEA PARTY

After direct instruction or a long time sitting, ask the students to stand and share a key point from the lesson or activity to three people before sitting down.