

Energizers

Smile, Clap, Hurray! (Gr.1-6)

Instructions:

Explain to the students that when you call out a number from the chart, they will do the corresponding action. H- stand up and shout “Hurray!” and sit down, C-stand up and give 3 quick claps and sit down, S-stand up and look at the person that is close to you and give them your best Hollywood smile! To start out, you may want to read the numbers in order. (You can also change the actions for the letters. i.e. H-high five, C- clap behind your back, S- shout your name)

H 1	S 2	C 3	S 4
H 5	C 6	S 7	S 8
C 9	H 10	C 11	S 12
C 13	H 14	S 15	H 16
C 17	H 18	C 19	H 20

The second step is to sit on the lowercase letters. For example, they sit and shout “Hooray!” when they see an “h” and will stand and shout “Hooray!” when they see an “H”.

H 1	s 2	c 3	S 4
h 5	C 6	s 7	S 8
c 9	H 10	C 11	s 12
c 13	h 14	S 15	H 16
C 17	H 18	C 19	H 20

The third step shows a more advanced level where they do the opposite if the letter is underlined. For example, when students see an "h" they will stand up and shout "Hooray!"

<u>H</u> 1	s 2	<u>C</u> 3	S 4
<u>h</u> 5	<u>C</u> 6	s 7	S 8
c 9	H 10	<u>C</u> 11	s 12
c 13	<u>h</u> 14	<u>S</u> 15	<u>H</u> 16
<u>C</u> 17	H 18	C 19	H 20

Adapted from: *Mental Wellness: Part of Your Healthy School Community*, Ever Active Schools, 2010.
Retrieved from the World Wide Web August 4, 2011:

<http://www.everactive.org/uploads/files/Documents/Workshops/2010%20-%202011/Mental%20Wellness-%20Part%20of%20Your%20HSC.pdf>

