

# ENERGIZERS

## The Aroostasha (a-ROO-stah-shaw) (Gr.1-6)

### Instructions:

#### F È Starting Off

- æ È Participants should be facing the leader with enough space to turn around in a circle.
- à È Explain that participants will be repeating the words after you EXCEPT the Aroostasha dance, which is done all together
- ø È The Aroostasha dance just consists of saying the following phrase in a rhythmic fashion while turning around in whatever position you end up in... Aroostasha, Aroostasha, Aroostasha, sha (one direction) Repeat in the other direction: Aroostahsha, Aroostahsha, Aroostahsha, sha
- â È Repeat the phrases in order below starting with arms up and finishing with the Aroostasha dance in the final position:

#### G È ARMS UP! ACCESS THE ENERGY

- æ È start bent over and raise your arms and torso as high as possible while shouting the phrase
- à È feel free to elongate the AAAAAAARMSUUUUUP!

#### H È WRISTS TOGETHER INCREASE BLOOD FLOW

- æ È Use a sort of whispery voice to say the phrase as you bring your wrists together in front of your face

#### I È ELBOWS IN MAINTAIN HEALTHY BODY WEIGHT

- æ È Bring your elbows in tight to your sides
- à È Use a squeaky, high voice for the IIIIIIIIN!

#### Í È KNEES TOGETHER INCREASE BONE DENSITY

- æ È Bring both knees together so they are touching

#### Î È FEET OUT LIVE A BALANCED LIFE

- æ È Keeping the knees together, move your feet out as far as possible
- à È Tip! For the dance you may want to hop a bit...

#### Ï È BUM OUT ENCOURAGE HEALTHY DIGESTION

- æ È Keeping all your other body action tick your bum as far out as possible
- à È Try to maintain your dignity as you hop around and do the dance (good luck!)

#### Ì È HEAD UP ENERGIZE YOUR BRAIN

- æ È Lift your head up as high as possible and do the final dance!



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The main ingredient to add to this activity as a leader is a ton of fun and an utter lack of embarrassment. Feel free to jazz up the phrases and use different voices and syncopation to add variety.