

ENERGIZERS

Do This, Do That (Gr.3-6)

Instructions:

This energizer is played similar to 'Simon Says'.

1. The teacher will go through a variety of movements and for each one, will say 'DO THIS'. Movements could be anything to get the students moving such as jump up and down, stick a leg out, touch your nose, tap your heels together in the air, etc.
2. The students will copy the teacher's movements until the teacher says "DO THAT". If you repeat the 'do that' action you must do 10 jumping jacks to get back in the game.