

ENERGIZERS

Mingle, Mingle, Mingle! (EEP-Gr.6)

Instructions:

Everyone does a 'walking dance' around the classroom and chants "Mingle, Mingle, Mingle". Continue doing this until the teacher shouts out a number. Each number has a related activity for it (Review this with the students beforehand). The students must find people to be in their group until they reach the number that was called. After they have the right amount of people in the group, they must do the action. If there is a student left out, allow some groups to be larger to take the extra person in. Once every group has done the action, continue to 'mingle, mingle, mingle' until the next number is called.

Examples of actions:

- 2 - go back to back
- 3 - stand with toes touching
- 4 - stand with heads touching
- 5 - sit in a circle