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| **5 Card Draw – 3-5 Minute Energizer Activity**  **Instructions for Facilitator:**   * Introduction: **“**We’re going to do a few easy and fun activities intended to activate the brain and the body. Do the movements that are comfortable for your body and adapt activities that don’t work for you” * Engage attendees by asking a volunteer(s) to select 3-5 cards from the deck. (Play upbeat music if available) * Provide instructions for the first activity card. * As a group, act out the activity repeatedly for 20-30 seconds, then provide instructions for the next activity. Repeat for 3 to 5 cards. | Roll your neck |
| Lift your knees  up and down | Walk in place |
| Push arms  forward and back | Roll your shoulders  forward and back |
| Make your own  dance move | Slow belly breaths  (In through your nose out through your mouth) |
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| Wild Card!  (Move however you want) | Wild Card!  (Move however you want) |
| Stretch your arms  while imagining your  favorite place in nature | March in place as you  think of things  you are grateful for |
| Play rock paper scissors  with your neighbor | Arm and leg stretches |
| Torso Twist | Phantom Sport:  Throw / catch a football with a neighbor or someone across the room |
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| Jog in place | Jumping jack arms |
| Balance on one foot  (then switch) | Arm circles |
| Skip in place and think  of a time you laughed  so hard you cried | Reach for the stars |
| Pretend to jump rope | Bicep curls |
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