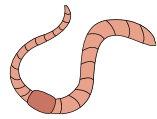
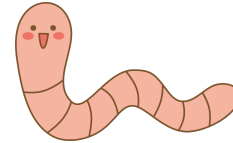


GAMES AND ENERGIZERS



THE INCH WORM SHRUG



Instructions:

1. shrug shoulders up and down

If done for 1 minute this will warm people up significantly for very little work. It is important to make sure everyone is lifting their shoulders all the way to their ears and down again for maximum blood flow. This activity is also known as the penguin shrug and by other names.

Additions:

- A. take group through three stages of “inching”, small fast worms with tiny shrugs, medium worms with a comfortable shrug, massive worms that shrug with their elbows up to their shoulders too!



(CRAB TAG

Instructions:



1. Get everyone into a crab pose: legs spread and slightly bent, one arm tucked against the chest and one arm lifted “on guard” (the arm is the large claw)
2. Those who are “it” can only tag with the large claw by touch the small claw side of someones body
3. Crabs running away can also defend but only using with their large claw to block
4. Remember, crabs can only move sideways!
5. Once tagged then the person can step out or you can let the chaos run for a bit and call everyone in. It’s not a game about winners but interactions and animal behaviour.

Additions:

- A. this can be played as a duel by pairing people up. Similar to the game “ninja”.
- B. a quick search on crab facts and behaviors will help with your story telling for this game. Example: many crabs face off before fighting and size each other up first. If one is clearly larger they don't even fight. You can also duel for territory like many crabs do and make a circle that if you step out of you also lose the duel.