

Energy in 5 Minutes or Less

Need a quick energy booster to get the group moving, laughing, talking or thinking? Here are five quick and easy recipes for ENERGY that take 5 minutes or less!

- **Bubble Balooza.** Give everyone a piece of bubble gum. Have them blow the biggest bubble they can. Have the group vote on the biggest bubble and reward the winner with a pack of gum!
- **Last Word.** This activity is sure to exercise your brain. First form a standing circle. Have one person approach another individual in the group and state a random sentence (Example: I love going to the zoo.) The person approached is then instructed to go to another person in the group and say a sen-



tence to her that starts with the last word in the sentence that was just said to them. (Example: Zoo life is wild and crazy.) Continue the activity until everyone has had a turn.

- **Add a Word.** Form your group members into small groups (6-8 per group if possible), shoulder to shoulder. Tell them that the rule of the game is to make the longest sentence they can with each word one letter longer than the word previous. Here's an example: *I am not sure which karate student competes.* Play starts and then continues clockwise around the circle. If someone can't think of a word that makes sense, the group must begin again. Give them a time limit and let them create away!

- **Should Haves.** This activity will not only be fun, but reinforce the materials that organization members should bring to a meeting. Have the entire team take one minute to brainstorm items they think members should have at a meeting or training session. Next randomly break the group up into teams of 4. Give the teams 2 minutes to collect any of the items on the list that they currently have on them. For each item a team member displays, the team gets a point.

Make this one a little more challenging by adding some random items to the list such as a college keychain, a picture of a pet, a spoon, etc.

- **Word Scrabble.** Select a word or phrase like "Leadership" or "Community" Ask participants to write down as many words as they can make out of the original word (Example: Leadership = lead, ship, red, are, etc.).
- **TO DO list.** We all have many things going on in our life that can weigh on our minds when we are doing something else. Help your group members get focused by giving them a brief moment to make a list of things on their mind that could interfere with their ability to concentrate on a meeting or training session. Give each participant a scrap sheet of paper. Ask them to write down, in 3 minutes, everything that is currently running through their head. Then ask them to fold up the paper and put it in their bag or a binder for review after your session is done...it will all still be there!
- **Uses for a...Get their creative juices flowing!** Pick an item, any item...a milk jug, a college shirt, a koosh ball, or a coffee mug. Break the team into pairs. Explain that each pair will have 4 minutes to come up with as many uses for the object you have selected. Tell them to be creative and imaginative. Have a contest for various awards like: The Most Innovative, The Most Outrageous, The Most Obvious, etc. At the end of the activity announce the winners!