

## Warm-Up & High Energy Program 100+ people (10 mins)

1. [Everybody Is It](#) – highly energetic tag game which can be played several times quickly
2. [Hospital Tag](#) – ideal follow-up to Everybody's It which keeps the play going

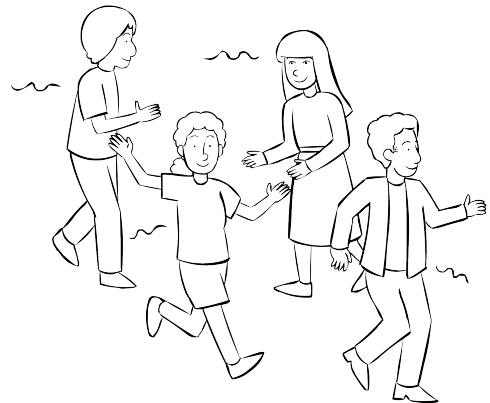
**Props** – none required

Step-by-step instructions for each of these activities are provided below.  
To view video tutorials, practical leadership tips & popular variations, click the links above.

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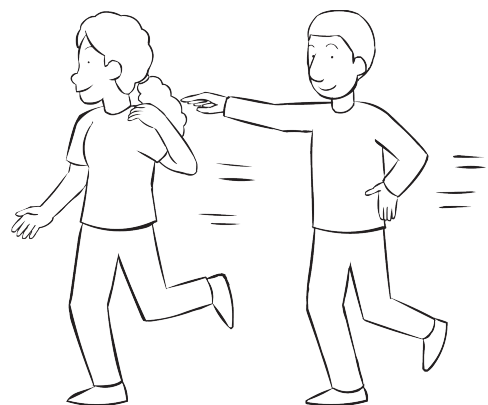
### 1. Everybody Is It (5 mins)

1. Ask your group to spread throughout a designated area.
2. When you call "GO," everyone attempts to tag everybody else, while also avoid being tagged.
3. When tagged, a person is obliged to simply crouch down and wait.
4. Briefly acknowledge the 'winner,' and then call "GO" again.



### 2. Hospital Tag (5 mins)

1. Ask your group to spread throughout a designated area.
2. When you call "GO," everyone attempts to tag everybody else, while also avoid being tagged.
3. The first and second time a person is tagged, they are obliged to place a hand on the spot they are tagged.
4. Upon being tagged twice, a person may use their hips to tag others.
5. Upon being tagged a third time, a person is obliged to crouch down and wait.
6. Play for several minutes, or until the energy wanes.



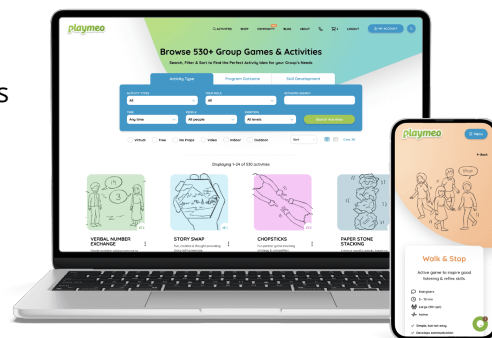
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