

Warm-Up & High Energy Program 100+ people (5 mins)

1. [I'm An Animal Stretch](#) – quirky & creative stretch imitating animals
2. [Clumps](#) – fun, energetic mixer that blends well with [Paired Shares](#)

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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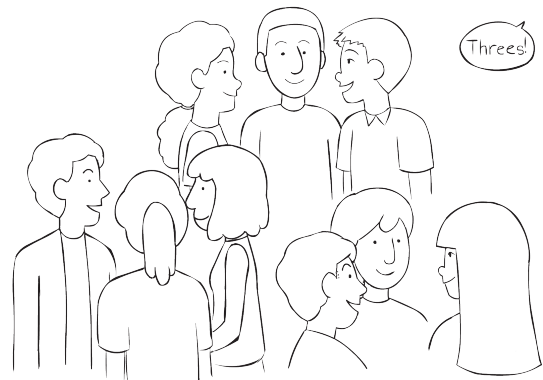
1. I'm An Animal Stretch (2 mins)

1. Form a circle, or two concentric circles, ensuring everyone can see and hear you.
2. Immediately transform your body into the form of an animal you have announced such as "I'M A CRAB."
3. Repeat who you are several times, inviting the rest of your group to mimic your call and actions.
4. After a few moments, change into a new animal, eg "I'M AN ELEPHANT, I'M AN ELEPHANT..." etc.
5. After three or four animals, invite other group members to randomly transform into a new animal.
6. Continue process for several minutes.



2. Clumps (3 mins)

1. Assemble your group in front of you.
2. Explain that everyone will soon be invited to form a series of smaller groups.
3. Each group will comprise a defined number of people matching the number you announce.
4. For example, if you announce "SIX," everyone must form small groups of six people, including themselves.
5. Loudly announce the first number.
6. Encourage people to locate or form their groups quickly.



7. Upon gathering, consider asking the group to complete a task or respond to a question you pose, such as those described in [Paired Shares](#).
8. Repeat, by continuing to announce a series of numbers.

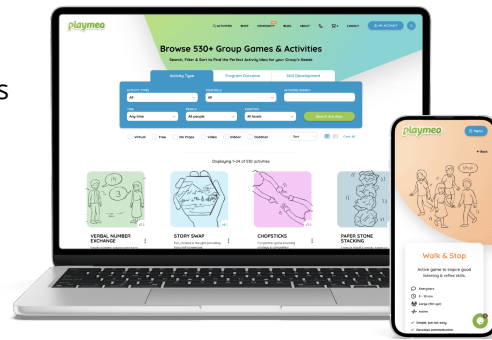
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