

## Warm-Up & High Energy Program 30 people (20 mins)

1. [Velcro Circle](#) – quick & inventive circle-forming exercise
2. [Jump In Jump Out](#) – contagiously fun group-jumping exercise
3. [People-To-People](#) – energetic & fun whole-of-group pairing game

**Props** – none required

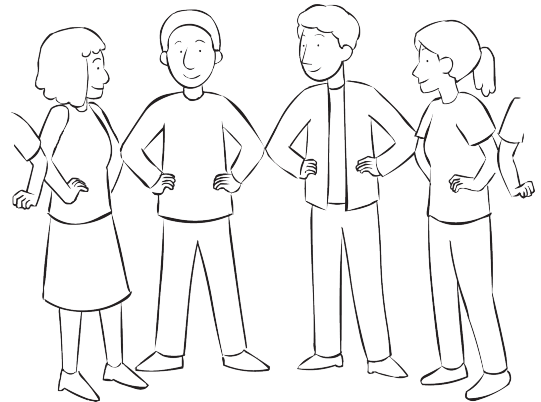
Step-by-step instructions for each of these activities are provided below.  
To view video tutorials, practical leadership tips & popular variations, click the links above.

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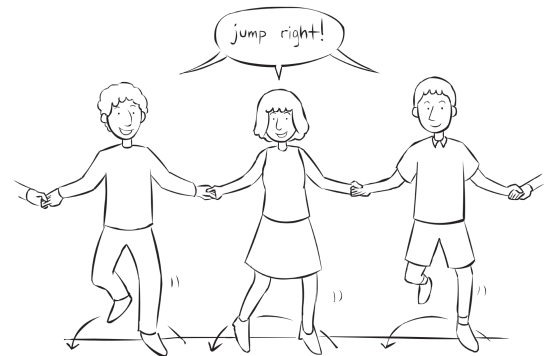
### 1. Velcro Circle (2 mins)

1. Ask group to form a tight circle, with arms by their sides pressed up against their neighbour's arms.
2. Explain that when you announce "VELCRO CIRCLE," you want the group to form this-sized circle.
3. Ask your group to take a large step out of the circle, and place their hands on their own hips.
4. Invite everyone to adjust their position so that neighbouring out-stretched elbows are touching.
5. Explain that every time you announce "SUPER HERO CIRCLE," you want the group to form this-sized circle.
6. Test your group's rapid execution by announcing a series of random Velcro or Super Hero Circle calls in a row.



### 2. Jump In Jump Out (10 mins)

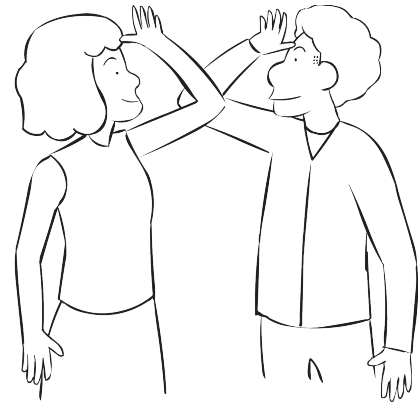
1. Ask your group to form a circle, holding hands, facing in to the centre.
2. Announce that you want the group to - "SAY WHAT I SAY, AND DO WHAT I SAY."
3. Explain that you want to practice this skill with one of four commands - "JUMP IN," "JUMP OUT," "JUMP LEFT" or "JUMP RIGHT."



4. Call out a series of 'Jump' commands, one after another for 20 seconds.
5. Re-form the circle, and announce that you now want the group to - "SAY THE OPPOSITE OF WHAT I SAY, AND DO WHAT I SAY."
6. Continue with a series of 'jump' commands, one after another for 20 seconds, or until the circle breaks up too much.

### 3. People-To-People (8 mins)

1. Ask your group to form into pairs, and stand in a circle around you in the middle.
2. Initiate a beat by clapping your hands, and invite your group to follow your lead for a few moments.
3. Explain that during the beat, you will call the names of any two body parts, eg "NOSE & ELBOW."
4. On this command, each person turns to their partner and touches one part of the announced anatomy to the other anatomical part belonging to their partner.
5. Everyone repeats the names of the body parts as they keep the beat.
6. Upon completing this task, everyone resumes their clapping, awaiting the next command.
7. Continue this routine several times, until the command "PEOPLE TO PEOPLE" is called, at which point, everyone seeks a new partner.
8. The person who is left without a partner, resumes the role of the person in the middle.
9. Play several rounds, or try a variation.

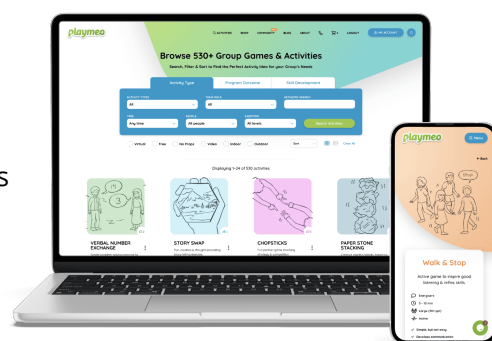


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