

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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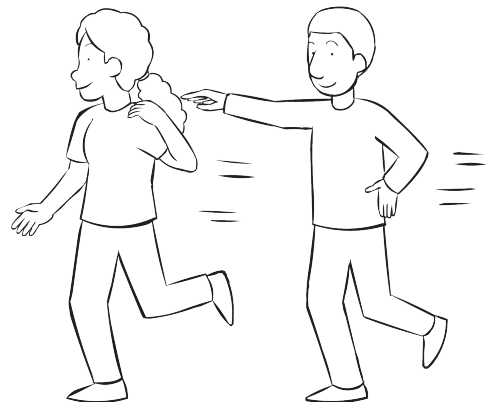
1. Everybody Is It (5 mins)

1. Ask your group to spread throughout a designated area.
2. When you call "GO," everyone attempts to tag every body 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 every body 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.

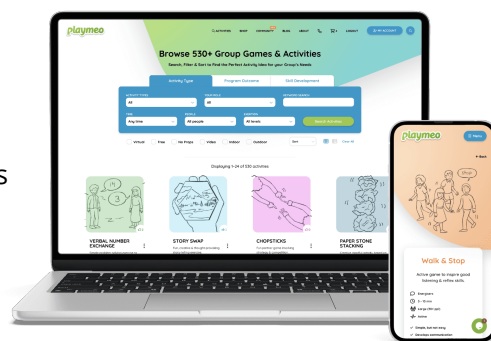


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