

Finding the Right Energizer

GRIDS FOR K-6, K-3, AND 3-6

The energizers in the grids that follow are arranged alphabetically and by four categories:

- *Movers/Shakers* involve lively large motor movement.
- *Calmers/Relaxers* are quieter energizers and typically take place with students seated or standing calmly. They do not involve large movements.
- *Chants* are simply rhymes vocalized and clapped to a beat. They work wonderfully when transitioning children from one activity to another. Simply begin the chant when about a third of the class has joined you, for example, in the meeting area, and before you know it the rest of the class will be with you doing the chant and ready for the next lesson.
- *Songs* are energizing in and of themselves! The songs in this book include motions, too.

ENERGIZERS FOR ALL GRADES (K-6)

	Movers/ Shakers	Calmers/ Relaxers	Chants	Songs	Number
Aroostasha	✿				5
Boom Chicka Boom	✿				9
Clapping Patterns			✿		14
Dum Dum Dah Dah	✿			✿	22
Froggie			✿		25
Funga Alafia				✿	26
Hand Dance	✿				29
Hot Tamale	✿				33
Human Protractor		✿			34
Laughing Handkerchief	✿				38
Ma Zinga!	✿				42
Mosquito			✿		44
My Favorite Sport	✿				47
Opposite World Freeze Dance	✿				56
Pass the Mask		✿			57
Pop-Up Number	✿				60
Rainstorm	✿				61
Row Your Boat				✿	64
Shante Ohm			✿		69
Share the Light		✿			70
Solar System Rap			✿		72
Song of the Day				✿	73
Sports on the Move	✿				75
World Ocean Doo-Wop				✿	86

ENERGIZERS FOR GRADES K-3

	Movers/ Shakers	Calmers/ Relaxers	Chants	Songs	Number
Alphabet Aerobics	*				2
As Still As a Rock	*				6
The Button Factory	*				10
Clap Your Hands	*				15
Deep and Wide	*			*	16
Dino Dinner Chant			*		18
The Fidget Family	*				23
Five Plump Peas			*		24
Go Bananas	*				27
Granny at the Fair	*		*		28
Head, Shoulders, Knees & Toes	*			*	31
High Low Up & Down				*	32
Interruptions		*			37
Let's Get the Rhythm			*		40
Lyle Crocodile	*				41
Mumbo Jumbo Bubblegum			*		45
My Bonny	*			*	46
My Sweet Old Aunt	*			*	48
My Two Hands			*		49
Now I'm Still	*				52
Oh, My!			*		54
Oliver Twist	*				55
Popcorn's in the Popper	*			*	59
Ram Sam Sam	*			*	62
Robot Rap	*			*	63
Save the Earth	*				65
Tarzan				*	77
Terry the Towel	*				78
Tony Chestnut	*			*	79
We're All Back Together Again				*	83
Worldwide Seven Continents			*		87

ENERGIZERS FOR GRADES 3–6

	Movers/ Shakers	Calmers/ Relaxers	Chants	Songs	Number
Air Writing	✳				1
And Don't You Forget It!		✳			3
Answer This		✳			4
Awake, Alert, Alive	✳			✳	7
Body Drumming	✳				8
Carousel	✳				11
Chase the Bunny	✳				12
Check My Beat	✳				13
Did You Know?		✳			17
The Doctor Says	✳				19
Double This Double That	✳				20
Do What I Said, Not What I Say	✳				21
Have a Ball	✳				30
I Feel the Same Way	✳				35
Imagine This		✳			36
Left and Right	✳				39
Mirrors		✳			43
Never-Ending Word			✳		50
No-Talk Toss	✳				51
Number Freeze	✳				53
People to People	✳				58
Set the Table			✳		66
Shake It	✳				67
Shake It Down	✳				68
Shark Attack	✳				71
Spelling Stroll	✳				74
Switch		✳			76
Top It		✳			80
Walkie-Talkies	✳				81
The Wave	✳				82
What's the Connection?		✳			84
Which Direction?	✳				85
Za Ziggy	✳				88