

Suggestions for Rising Star Teams: Warm Up Activities.

Play improv games. One example is beep.

Have them stand in a circle and pass an object each saying beep. Do it two times then on your signal they improv with object for two rounds, then say beep for another two rounds.

Another game is Taxi.

One person is the Taxi driver.

You make up cards of possible characters.

Each team member gets a card. The 'taxi' driver picks up team members one at a time. They must stay in character and the rest of the taxi must also become that character. Possible characters. Lost little girl, angry teenager, monkey, etc.

Once the taxi driver can be rotated.

The idea of the Warm Ups are to warm them up. They have spend a day sitting in school you want an activity that gets them moving as well as thinking.

Working with young children after school.

What really seems to work this year is start them with snack and then have them do the beep.

From there we go to a one word story (each child goes around the circle & says a word of a story ("Once" "upon" "a" "time" etc.). We even did a few tongue twisters that they knew as a one-word story just to get them used to the idea (it is harder than you would

think to get them to understand the concept). We have now added on passing around an object with a "what is this?" to get them ready for the improv item.

We are doing this every meeting & finding starting the same way each meeting really helps. And by doing the beeps, it really seems to get them "in touch" with each other and thinking like a team. It is also a great way to re-focus energy without having them really physically active. In the past, for us, letting them run around to get OUT energy, only seemed to make them less focused & more active.