#1 Energizer: Pass it Around
   Each person receives a card with a question on it
   • Find partner
   • Take turn asking your questions
   • Exchange cards
   • High 5 your partner
   • Leave your hand up and turn to find another person
     with a “high 5” hand up - your new partner!

#2 Activity: Pass it Up
   • The group stands in a circle around the person in the middle, each holding a beanie baby
     type “stuffie” OR paper ball.
   • The person in the middle says how many items they think they can catch (sets a goal)
   • On a predetermined count, (“1, 2, 3 Fly”) all throw the beanies/paper balls at the same
     time, and the center person tries to catch it.
   • Each person gets a turn in the middle.
   • After the first few people, the group may want to discuss “throwing/tossing” techniques.

#3 Activity: Pass it On
   • Group of 5-6 sit in a circle & each student gets a piece of 8 ½ x 11 paper
   • On the top part of the paper, each person writes a goal in a complete sentence.
   • Everyone will pass their papers 1 person to the right.
   • The person who receives the paper DRAWS a picture to represent the goal and then folds the
     paper backwards so that the sentence is not visible, but the picture is.
   • Everyone will pass their papers 1 person to the right.
   • The person who receives the paper WRITES what he/she thinks the picture represents and
     then folds the paper backwards so that the picture is not visible, but the sentence is.
   • This continues until everyone gets the paper back with his/her own goals

#4 Pass the Beat
   • Form a circle.
   • Goal is to make eye contact with the person on the left, and clap hands at the same moment
   • Once the handclaps have passed around the circle have the group do it again and time them
     (how fast they can pass the beat around the circle without error.)
   • Share the results & ask them to set a goal for how many they can do it without error in X
     minute(s).
   • Mix it up! Send more than one beat and/or send a beat in different directions