

Energizers

The Aroostasha (a-ROO-stah-shaw) (Gr.1-6)

Instructions:

1. Starting off
 - a. Participants should be facing the leader with enough space to turn around in a circle.
 - b. Explain that participants will be repeating the words after you EXCEPT the Aroostasha dance, which is done all together
 - c. The Aroostasha dance just consists of saying the following phrase in a rhythmic fashion while turning around in whatever position you end up in... Aroostasha, Aroostasha, Aroostasha, sha (one direction) – repeat in the other direction: Aroostahsha, Aroostahsha, Aroostahsha, sha
 - d. Repeat the phrases in order below starting with arms up and finishing with the Aroostasha dance in the final position:
2. ARMS UP! – ACCESS the ENERGY
 - a. start bent over and raise your arms and torso as high as possible while shouting the phrase
 - b. feel free to elongate the AAAAAAARMS UUUUUP!
3. WRISTS TOGETHER – INCREASE BLOOD FLOW
 - a. Use a sort of whispery voice to say the phrase as you bring your wrists together in front of your face
4. ELBOWS IN – MAINTAIN HEALTHY BODY WEIGHT
 - a. Bring your elbows in tight to your sides
 - b. Use a squeaky, high voice for the IIIIIIIIIIN!
5. KNEES TOGETHER – INCREASE BONE DENSITY
 - a. Bring both knees together so they are touching
6. FEET OUT – LIVE A BALANCED LIFE
 - a. Keeping the knees together, move your feet out as far as possible
 - b. Tip! For the dance you may want to hop a bit...
7. BUM OUT – ENCOURAGE HEALTHY DIGESTION
 - a. Keeping all your other body action stick your bum as far out as possible
 - b. Try to maintain your dignity as you hop around and do the dance (good luck!)
8. HEAD UP – ENERGIZE YOUR BRAIN
 - a. Lift your head up as high as possible and do the final dance!

The main ingredient to add to this activity as a leader is a ton of fun and an utter lack of embarrassment. Feel free to jazz up the phrases and use different voices and syncopation to add variety.