

Energizers

Pull My Finger (Gr.1-6)

Instructions:

1. Have students in groups of 6-10 form large circles.
2. Each participant holds out their left hand with their palm up and flat and holds out their right index finger pointing down.
3. Once the circle is properly formed, each participant's right finger will be touching the left palm of the person beside them.
4. The teacher calls out a key word, such as "cheese". When the key word is called out, participants attempt to squeeze the finger of the person beside them with their left hand while trying to pull their right finger away.
5. The teacher can feel free to call out words that rhyme with the keyword, such as, "please", "keys", "sneeze", etc. to see if the participants are paying attention.
6. Have participants change hands for round two and for a real challenge have them cross their arms.