

Energizer Activity Template

Name of Energizer:

## This Energizer Activity:

* Does not require “skill” to complete,
* Uses both sides of your brain,
* Is not elimination based – meaning there are no winners or losers, and
* Is not overly strenuous – good for all participants’ abilities.

## Describe How to Conduct the Energizer:

## Why Do I Like this Energizer?

## How Will I Know this Energizer Is Effective?: