5 Card Draw

3–5 Minute Energizer Activity from the National Association of Chronic Disease Directors

Instructions for Facilitator

Introduction: "We're going to do a few easy and fun activities intended to activate the brain and the body. Do the movements that are comfortable for your body and adapt activities that don't work for you"

Engage attendees by asking a volunteer(s) to select 3–5 cards from the deck. (Play upbeat music if available)

Provide instructions for the first activity card.

As a group, act out the activity repeatedly for 20–30 seconds, then provide instructions for the next activity. Repeat for 3 to 5 cards.

Instructions for printing: Set your printer to print duplex or double sided. There will be a logo side and a text side. Use the trim lines on the text side of the card sheets to cut out the individual cards.

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Roll your neck



Walk in place



Lift your knees

up and down





Make your own

dance move

Roll your shoulders forward and back



Slow belly breaths

(In through your nose out through your mouth)



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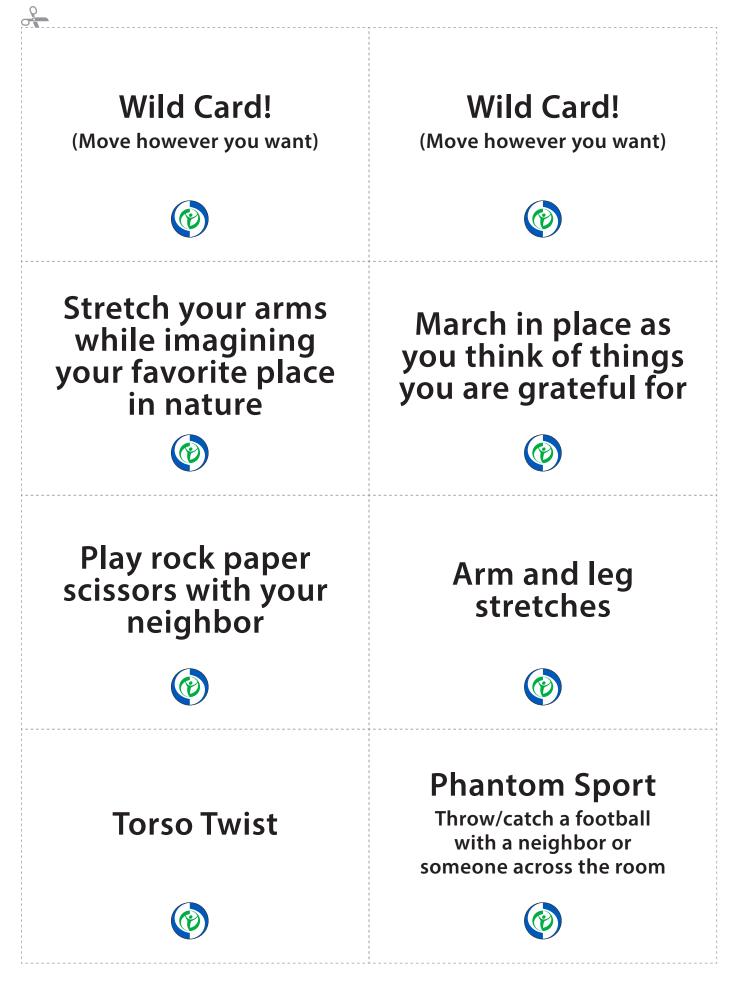
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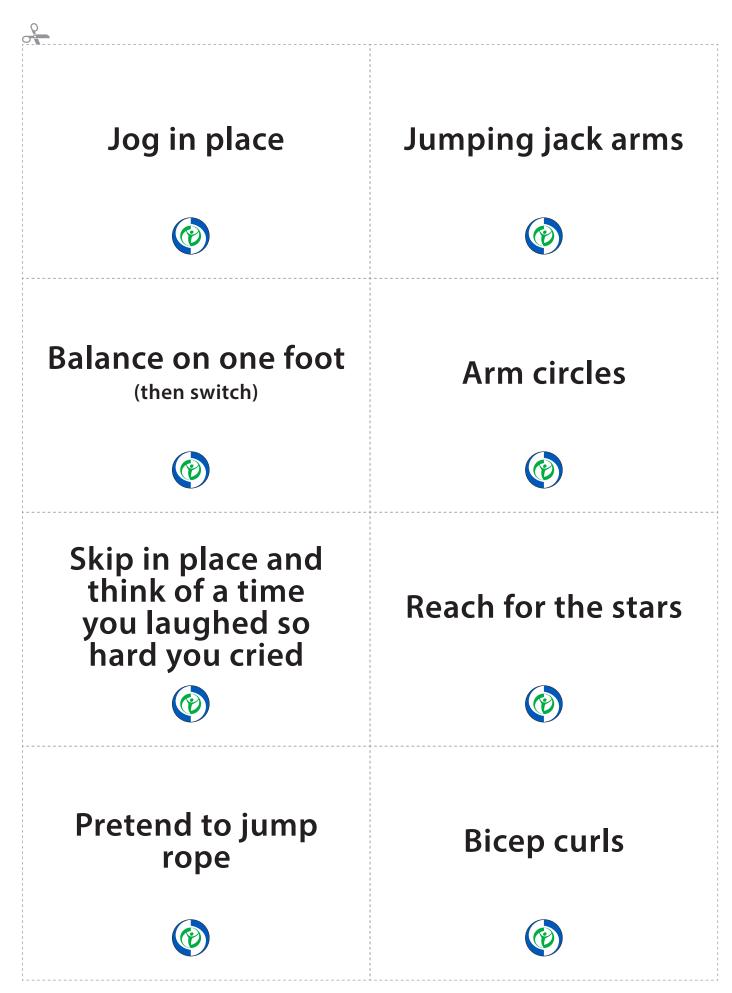
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