

## Suggestions for Rising Star Teams

### Warm Up Activities

From PA DI

- The idea of the Warm Ups is to literally warm the team up. They spend their day sitting in school, so you want an activity that gets them moving as well as thinking.
- Play improv games.

One example is Beep.

Have team members stand in a circle and pass an object, each saying beep. Do it two times, then on your signal they improv with an object for two rounds, then say beep for another two rounds.

Another game is Taxi.

One person is the Taxi driver. You make up cards of possible characters. Each team member gets a card. The 'taxi' driver picks up team members one at a time. They must stay in character and the rest of the taxi riders must also become that character. Possible characters: lost little girl, angry teenager, monkey, etc. The taxi driver can be rotated, so that everyone has a turn being a driver and a rider.

- Working with young children after school.

What really seems to work is to start them with snack and then have them play Beep. From there we go to a one word story (each child goes around the circle & says a word of a story ("Once" "upon" "a" "time" etc.). We even did a few tongue twisters that they knew as a one-word story just to get them used to the idea (it is harder than you would think to get them to understand the concept). We have now added on passing around an object with a "what is this?" to get them ready for the improv item. We are doing this every meeting and finding that starting the same way each meeting really helps. Playing Beep really seems to get them "in touch" with each other and thinking like a team. It is also a great way to re-focus energy without having them really physically active. In the past, for us, letting them run around to get OUT energy, only seemed to make them less focused and more active.