

Energizers

Winds of Change Energizer I

- Youth stay seated.
- The facilitator says “the winds of change blow for anyone who... (Insert statement here)”.
- Everyone who shares that statement stands up then performs whatever action is called for.
- Then, the facilitator says another statement.

Examples of statements are:

- Has more than 2 siblings - rub their belly
- Ate breakfast - hop on one leg
- Has a piercing - give the person next to you a thumbs up
- Learned something new today - give the person next to you a high five
- Has gone for a skidoo ride - clap your hands
- Is wearing black socks - show us
- Has gone hunting - turn around in a circle

Winds of Change Energizer II

Each person needs a chair for this activity.

- Youth stay seated in the circle.
- One chair is removed and a facilitator stands in the middle of the circle.
- The one standing says “the winds of change blow for anyone who... (Insert statement here)”.
- Everyone who shares that statement then gets up and runs to another chair (ideally, not the chair on either side of them). The

last one standing becomes the facilitator and says “the winds of change blow for anyone who (insert another statement here).”

Examples of statements are:

- Has more than 2 siblings
- Ate breakfast
- Has a piercing
- Learned something new today
- Has gone for a skidoo ride
- Is wearing black socks
- Has gone hunting

Write Your Name Energizer

In this energizer ask the youth to pretend to write their name using various body parts. For example...

- Finger
- Elbow
- Stomach
- Head
- Foot
- Nose
- Bum

Being a Kid Energizer

Contributed by Colby Tootoosis, Peguis First Nation

Goal:

- To allow youth to be a kid and to reaffirm life.

The younger youth set the pace and the number of body parts you do.

Instructions:

- Ask the youth to stand up.
- Then read the following:
 - First please stretch high like a tree. Sway side to side.
 - Now make an eagle and fly.
 - Now a bear roar like a bear and stomp.
 - Now touch the ground and bless yourself.
 - Now touch your heart. Tap it and be grateful for all the truth and love in my heart.
 - Now touch your mind and be grateful for all the thoughts you have. And recognize that you are not your thoughts, you are a spirit.
 - Now touch your body and be grateful for all the things your body does. You are not your body, you are a spirit.
 - Now touch your belly and be grateful for all the food the land provides.
 - Now touch your butt and be grateful because it helps you sit and rest.

Step into the Circle

Contributed by Jessica Danforth & the Native Youth Sexual Health Network

Goal:

- To show how much we do and do not have in common.

Instructions:

- Explain that you will ask a statement like “Step into the circle if...” and if it applies to them, they step into the circle.
- Tell them that they do not have to step into the circle if they do not want to let people know their answer to your statement, but that you will never ask something that does not also apply to you as well so they will never be alone.
- Tailor questions around issues you want to discuss like, “Step into the circle if you know someone who is HIV positive.” Then step out. Try a new statement like “Step into the circle if you enjoy spending time in the bush.”