

## Energizers

# Care & Feeding of. .

### Activity Overview

#### Time Required

10 minutes

#### Materials

Newsprint

#### Purpose

A fun way to focus on self-care and pique interest in different body parts

#### When to use

Great as an introduction or any time during a long session when energy seems low and participants need to re-energize

### Preparation

Hang 5 – 10 sheets of newsprint around the room. On each one, write a different organ or body part at the top. You can choose to focus on one system (for example, you can list *stomach*, *intestines*, *mouth*, *tongue*, etc. for digestive system) or you can mix them up, depending on what you're teaching and what point you want to make. So, if you wanted to emphasize how much personal power each of us has regarding our health, you can use a variety such as *toes*, *heart*, *biceps*, *tibia*, *throat*, etc.

*Thanks to Caroline Ray, who created this activity!*

### Instructions

Break the group up into teams, 3-4 people per team. Hand each team a different-colored marker and tell them their purpose is to write on the newsprints as many ways to care for this organ or “part” that their team can think of. If they get to a newsprint and their idea is already there, too bad! They have to come up with new ones. The team that writes the most ideas wins. The ideas also have to be real, i.e., legitimate! If there is a question about any of them, they'll have to convince the other teams why and how this works.