

Troop Energizers!

Do these activities with your troop before starting your meeting:

- Touch your toes
- Do 10 jumping jacks
- Run in place for 30 seconds
- High knees for 20 seconds
- Stretch your arms for 30 seconds
- Hop up and down 8 times
- Balance on one leg for 20 seconds
- Skip around the room twice
- Dance however you want for 30 seconds
- Do Truck twist 3 times (The students stand with their feet slightly wider than their shoulders and begin twisting their hips, torso and head back and forth, allowing their arms to swing naturally. They should initiate the movement with their hips rather than their shoulders and keep their knees flexed slightly. They should also keep their feet planted firmly on the floor throughout the exercise.)