

# Connections Activity

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<b>Title/Skill:</b>	Step Left, Step Right/ Energizer
<b>Connection Goal:</b>	Personalization
<b>Grade Level:</b>	9-12
<b>Month:</b>	October
<b>Time Needed:</b>	25 minutes

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**Handouts/Materials Provided:**

**None required** (This activity is a great warm up or a quick activity in between activities to get people laughing and moving around)

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**Summary of Activity for the Advisor:**

1. Put group in circle (give option of holding hands with people on either side). You will give one of 4 commands –**Left, Right, Back or Forward**. Students must repeat your command and then make a small jump (or step) in that direction.
2. For the next round, you will give the command, but they will now repeat the opposite of your command and still perform the command. For example, if you say “*right*,” they will say “*left*,” but will make a jump to the right. Try this a few times until they get the hang of it.
3. For the last round, you will give the command and students will repeat what you said, but do the opposite. For example, if you say “*back*,” students will say “*back*,” but jump *forward*.

Issues to consider: You may choose to have students hold hands or not, based on comfort levels and the group’s ability to jump responsibly and safely. Similarly, you can substitute “steps” for “jumps”

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**Read/Review/Discuss/Do with students:**

- Discuss what was difficult about the activity.
- “How do your classmates’ actions affect yours?”
- You may want to attempt the later steps until the whole group moves in unison three times in a row, i.e.