



# serious FUN

## Warm-Up & High Energy Program for 30 people (10 mins)

1. [I've Got The Power Stretch](#) – zany & creative group circle stretching game

2. [Triangle Tag](#) – highly energetic small group tag exercise

**Props** – none

Step-by-step instructions for each of these activities are provided below.  
To view video tutorials, practical leadership tips and popular variations, click the links above.

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### 1. I've Got The Power Stretch (5 mins)

1. Ask your group to form a circle, including yourself.
2. Explain that in a few moments, a volunteer will be invited to perform a quirky movement or stretch.
3. Once introduced, the rest of the group is asked to mimic that movement as best they can.
4. Suggest that the volunteer continues their movement for five to ten seconds, and then invites a new person to introduce the next movement.
5. Continue this routine while the energy of your group remains high.

### 2. Triangle Tag (5 mins)

1. Ask your group to break into groups of four people.
2. Ask three of the four to form a triangle by holding hands, and designate one of them to be the initial target.
3. On "GO," instruct the fourth person to move on the outside of the triangle to tag the target.
4. All moves & tags must be made outside the triangle.
5. Once a tag is made, or 30 seconds has elapsed, invite everyone to swap roles.