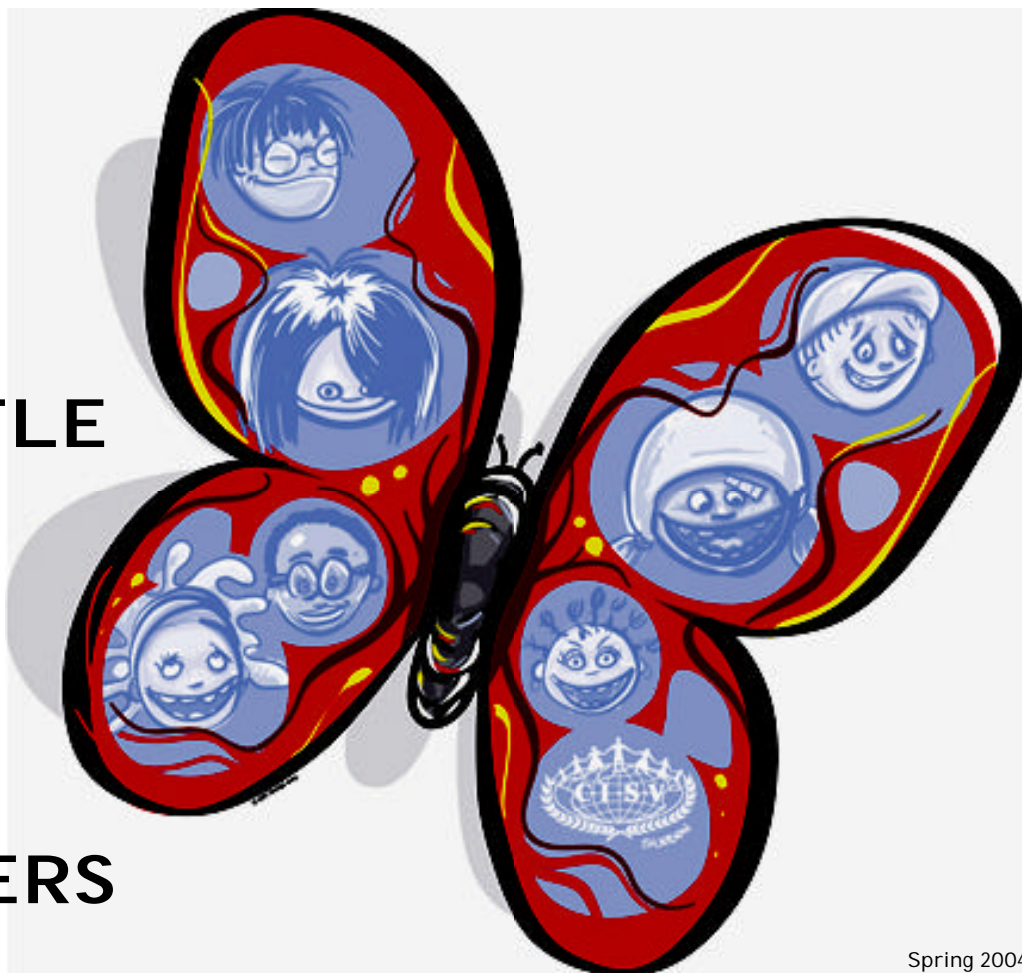


THE LITTLE BOOK OF ENERGIZERS



Left Right
Swimming
Go Bananas
Countdown
En Lille
El Pollo
Sugar Sugar
The Rocket
Rainstorm
Boogaloo
Tirala/Piri Pim
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Boom Chick-A-Boom
Pony Song
Brown Squirrel
Labadoo Song
Lion Hunt
Silly Willie
Love Train
Beaver
Tony Chestnut
Fred the Moose
Hokey Pokey
Sally
Muffin Man

Shark Song
Ché Ché Curé
Badger
Mongolia
Shake Your Booty
Här Kommer Vi
Lu La La
Blip Blip
Friend and Foe
1, 2, 3
The Car
This Is A...
Harry
Samurai Intergalactico
Päron-topp
Skimmery Dinky Do



More Energizers coming soon to a book near you.

Left Right

Stand in a circle with your arms on each others shoulders. Move your feet as you say the words. Go faster and faster and louder and louder.



Left, left, right, right
Together, apart
And side, side, side

Swimming

arms like you are swimming

fingers make a square shape of a pool
wipe sweat from your forehead
wrap arms around you and shiver
fingers make a square shape of a pool
arms like breast stroke
arms like side stroke
do a fancy dive

Oh don't you wish you never had anything else to do
shake your head 'no'

But!

Sing over and over again with the first line silent and then first and second line silent etc... until you are doing the whole song in actions and scream BUT!

Go Bananas

Bananas of the world unite!

Go Bananas, go go bananas
dance around a bit

left arm down and out
right arm down and out
both arms out in front and down
pelvic thrust for every ough



You can do this over and over
jumping forward on every ough until
the circle is really small.

Countdown

1 2 3 4 5 6 7 8
Shake your left hand 8 times
1 2 3 4 5 6 7 8
Shake your right hand 8 times
1 2 3 4 5 6 7 8
Shake your left leg 8 times
1 2 3 4 5 6 7 8
Shake your right leg 8 times
1 2 3 4 x4
Shake your left/right arm/leg 4 times each
1 2 x4
Shake your left/right arm/leg 2 times each
1 x4
Shake your left/right arm/leg once each
Do your favorite cool karate pose at the end.

More Energizers coming soon to a book near you.

If you have suggestions please e-mail the words and actions to
clarabrandkvist@se.cisv.org

En Lille

En lille, en lille, en lille and med vinge
En lille, en lille, en lille and med vinger
En lille, en lille, en lille and med fot
En lille, en lille, en lille and med fötter
En lille, en lille, en lille and med rompe
En lille, en lille, en lille and men mund

En micro....
En kaempe...

flap one arm like a wing
flap both arms like wings
flap arms and one leg
flap both arms and legs
flap arms and legs and shake your tail
make a beak with your hands

same actions but tiny
same actions but really big



El Pollo

El pollo (*pronounced poyo*)
El pollo
El pollo con una pata
El pollo con las dos patas
El pollo con las alitas
El pollo con la colina
Y ahora le toca a ti

jump on one foot
jump on both feet
flap your "wings"
turn around and shake your "tail"
select the next person

Sugar Sugar

Hey Clara, you're a really cool cat
 You got a lot of this and a lot of that
 So don't be afraid of the boogyman
 Just stand up and sugar as fast as you can.
 Sugar up sugar sugar sugar sugar
 Sugar down sugar sugar sugar sugar
 To the side sugar sugar sugar sugar
 Other side sugar sugar sugar sugar

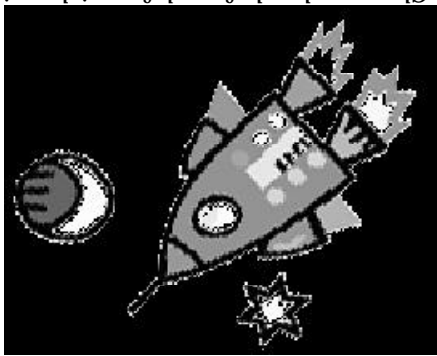
Go on to the next person or do it delegation wise

point to two things

point up

point down

point to the side and tickle the person



The Rocket

Stand in a circle. Clap your hands from left to right going faster and faster. After a while you start stamping your feet - also faster and faster. When you can't go any faster every- one runs to the middle and jumps up screaming.

Paron-topp

Jag säger GLASS GLASS GLASS lick iccream cone
 Jag säger GOTT GOTT GOTT
 Jag säger GLASS
 Jag säger GOTT
 Jag säger PÄRON-TOPP

by making an upsidedown V with hands

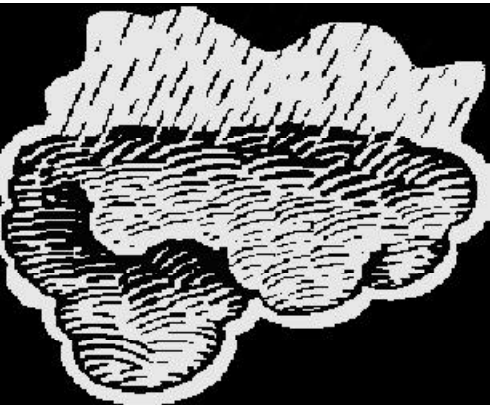
pat your stomach
make cone again
pat stomach again
form a pear with hands and then the 'tip'

Skimmery Dinky Do

Skimmery dinky dinky dink
 Skimmery dinky do
 I love you
 I love you in the morning
 and in the afternoon
 I love you in the evening
 and underneath the moon
 Skimmery dinky dinky dink
 Skimmery dinky do
 I love you

wave with left hand while right hand on left elbow
 Skimmery dinky dinky dink
 Skimmery dinky do
 I love you
 I love you in the morning
 and in the afternoon
 I love you in the evening
 and underneath the moon
 Skimmery dinky dinky dink
 Skimmery dinky do
 I love you
 wave with left hand while right hand on left elbow
 point to eyes, heart and then a friend
 arms form a low sun
 the sun rises up high
 the sun sets again
 arms form the moon
 wave with left hand while right hand on left elbow
 wave with right hand while left hand on right elbow
 point to eyes, heart and then a friend

Rainstorm



Stand in a circle and one person starts. First you rub your hands slowly and then the person next to you rubs thier hands and then the next person and so on. When everyone is rubbing slowly you start rubbing fast and that gets passed around the circle. Then go on to snapping fingers followed by clapping hands. When everyone is clapping and stamping their feet the storm is at its worst and it starts calming down in the reverse order until you are the last one rubbing your hands slowly.

The Car

Sit in a circle and one person starts. Sound like a car and steer towards the next person who then sends it along the same way. To turn the other way make a braking sound and steer in the other direction. A honking noise means you skip one person. If the person says snow chains then the next person has to say dunka dunka.

This Is A...

The "blue" gets passed around the circle. You can vary this game by saying different colours or items. You can also have an actual item that goes around for example pens in the colours you are saying. To make it extra hard you can say things that have nothing to do with the actual items going around and have as many things as people so that everyone has to to play part X and Y at the same time.

X: This is a blue
 Y: A what?
 X: A blue
 Y: A what?
 X: A blue
 Y: Ok, a blue
 Y: This is a blue
 Z: A what?
 Y: A blue
 etc...



Boogaloo

Leader: 1, 2, 3, 4

Group: 5, 6, 7, 8

L: Let me see your boogaloo

G: What's that you say?

L: Let me see your boogaloo

G: What's that you say?

Everyone: Boogaloo, boo boogaloo x2

This can be repeated with any action (let people make up new ones)

Queen Elisabeth wave your hand royally

Shoot the moon shoot up to the sky while taking a couple of steps in and out

Frankenstein walk forwards and back with hands out in front of you

Poke a friend

Disco dance

Under water one finger on your lips to make it sound like under water

Superman fly towards the sky with your hand in the air

Pink flamingo stand on one leg and flap your wings

Dracula bite your hand

Underwear look under your hand and wonder where

Funky chicken dance like a wierd chicken



Harry

X: Hi Harry
 Y: Yes Harry
 X: Tell Harry
 Y: Hi Harry
 Z: Yes Harry
 etc...



If you say it wrong you get a spot painted on your forehead and the next time 2 spots etc. If you have a spot you are called Spot (or Spotspot...) instead of Harry.

Samurai Intergalactic

Ah (arm straight across chest, sends ti to the person next to you)

So (arms like a C, sends it on to the next person)

Ko (arms straight out, sends it to the person you point to)

No (hands crossed out front, blocks it sending it back to the person who said Ko)

The sounds should be screamed loud. Ah So and Ko always follow each other and the person pointed to at Ko can choose to say No or Ah. When someone makes a mistake he/she goes to the middle and everyone crowds in holding hands up high screaming Samurai Intergalactic and then it all starts over again.

Tirala / Pirri Pim

Tirala tirala

pim pim pim

OR

Pirri pirri pim

Pirri pim pim pim

The song is sung over and over again. X starts with an action for the song. The next time Y does first action and X does a new action. The third time Z does the first action, Y does the second action and X makes up a new action. This goes on until someone make a mistake when you start over.

Pereketé

Pereketé

put left hand on the person to your left

Pereketé

put your hand on the person to your right

Pereketéke téke téke

dance on the spot

The leader of the song decides where on the person next to you you put your hand.

Button Factory

Hi, My name is Joe.
I have a wife and a dog and a family.
I work in a button factory.
One day my boss came to me and said
Hey Joe, are you busy?
I said 'no'
He said 'turn the wheel with your left hand'
Hi, My name is Joe...

The song is repeted with the left hand, right foot, left foot, bum and head. As you sing the song pretend to turn the wheel with each hand, foot and your bum until your are spinning all parts of your body at once.

Get Loose, Get Funky

Get loose, get funky
Get down to the beat
roll arms forward
stamp your feet
And starting with your feet
Your feet
Get loose, get funky

Get down to the beat
roll arms down and forward
And starting with your knees
shake your knees
Your knees, your feet
shake knees then stamp feet
Keep going with hips, arms, head and tongue

Lu La La

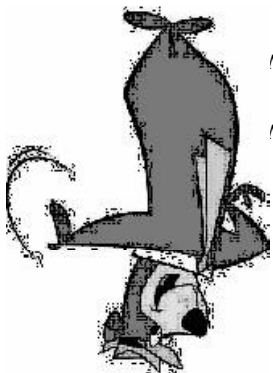
Lu la lu la la
Lu la lu la la
Lu la lu la la
Lu la lu la la



This game is like rock, paper, scissors but done in a big group. Two teams each start off by deciding what they are going to be. You can either give them a choice of characters: elephant (arms make the trunk and run with big clumpy steps), cats (meow and swat paws while running) or mice (squeek and hold paws by mouth).
Elephants chase cats
Cats chase mice
Mice chase elephants
Each team lines up on opposite sides of the room/field facing each other. They link arms and walk towards each other screaming Härrömmerr vi! When they meet each team makes their character. The overpowering character chases the other team who runs back to where they started. Anyone who is caught switches over to the overpowering team. The two teams then start again by choosing a character. The game is over when everyone is on the same side.
You can make the game more challenging by letting the teams choose characters freely or to a theme. When they meet in the middle they first have to figure out which character should be chasing and which should be chased before they can run.

Yogi Bear

I know someone you don't know
Yogi Yogi
I know someone you don't know



finger on lips to make underwater sound

finger on lips to make underwater sound

Yogi has a little friend
Yogi Yogi bear
Yogi has a little friend
Boo Boo
Yogi has a little friend
Boo Boo bear
Yogi has a girlfriend too
Cindy Cindy
Yogi has a girlfriend too

girly pose
girly pose

shoot a gun

shoot a gun

your body is like jello

your body is like jello

Jelly jelly
They all live in Jellystone

Ranger Ranger
They all have an enemy
Ranger Ranger

Jelly Jellystone

Friend and Foe

Everyone is in a circle. One person starts walking around in the middle as everyone sings Blipblip over and over. The person freezes in front of someone and screams. That person screams back and is now the leader walking around as everyone sings Blipblip. At some point the person in the back (always the same one) screams to the person in front of him/her. Then the person in front screams to whoever he/she is standing in front of. That person screams back and is now in the front. The scream gets past all the way back. This goes on until everyone is in the line. In summary, the person at the back always decides when to stop and scream and the person closest to the front person is the new one in the line.
Each person picks one enemy and one friend. When the game starts everyone has to run around and try to keep their friend between them and their enemy. The game is over when you decide they have had enough.

1, 2, 3

One person starts and says 1. Then someone else says 2 and the next person 3 etc... There is no preset order, you just randomly join in when you feel like it. When two people say the same number at the same time you have to start over at 1. Try to get as high as possible.

Ché Ché Curé

Ché ché curé *punching with alternating hands*
Ché qui festa *rotate fists and leg out*
Qui festa langa *hands like you are juggling*
Langachi langa *dance the salsa*
Domalélé *eating with both hands*
A chrahahahakilélé *finger on throat so voice wobbles*

Repeat really quiet and then again really loud.

Badger

Badger x 12 *bob up and down*
Mushroom x 2 *make a mushroom hat with your arms*
Badger x 12 *bob up and down*
Mushroom x 2 *make a mushroom hat with your arms*
Badger x 12 *bob up and down*
Mushroom x 2 *make a mushroom hat with your arms*
Badger x 12 *bob up and down*
Mushroom x 2 *make a mushroom hat with your arms*
Snake *make a snake with your arm*

This song can be done over and over again forever. You can also take turns doing badger so that one person does the first set of 12 and the next does the next set etc. with everyone doing mushroom and snake together. For more info go to www.badgerbadgerbadger.com.

Purple Stew

I love purple stew
Swish x5 *twist your hips*
I love purple stew
Bedobe dobe dobe *roll hands down in front of you*
Purple potatoes and purple tomatoes and you
In a purple stew
And we put Sweden in the pot
And we stir and we stir *stir the big pot*
And what do they say?
Sweden: Boy it's hot
And what do we say?
I love purple stew...

The song is repeated again and again with each delegation until everyone has been in the pot. With a smaller group you put each person in the pot.

Oukra Oukra

Oukra oukra oukrakra oukrakra oukrakara x2
dance around like a bird
I like you for me, I like you for you x2
hand on your shoulders and then partners shoulders
Daamm daamm dam dam dam x2
tap your partners shoulders

Mongolia

Are you ready citizens of the world?
Yeah!

Everyone walks around in a circle with hands on the next persons shoulders. People randomly shout out names of countries one at a time. When someone says Mongolia everyone has to fall down on the floor. The you get up and start over. If someone says Mongolia backwards as everyone gets up then that means that you are going backwards. Everyone walks backwards and say country names backwards.

Shake Your Booty

Hej Sweden
Sweden: What's that you say?
I said hey Sweden
Sweden: What's that you say?
I say jump shake your booty
Jump jump shake your booty
Jump shake your booty
Jump jump shake your booty

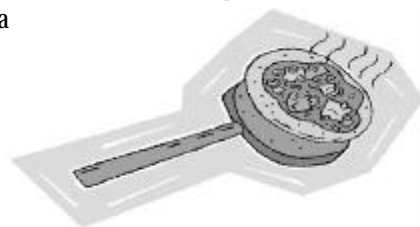


Take turns with different delegations or names. Each time you say jump everyone jumps and turns a quarter turn.

Pizzabagaren

Sing the song, the first time normally and after that changing all the vowels to a, then, e, i, o and finally u.

Fram med degen	<i>get out the dough</i>
Kavla pizza	<i>roll the dough</i>
Upp i luften	<i>through it in the air</i>
Snurra pizza	<i>twirl it</i>
På med såsen	<i>pour on the sauce</i>
På med skinka	<i>toss on some ham</i>
På med osten	<i>toss on the cheese</i>
In i ugnen	<i>put it in the oven</i>
Softa lite	<i>take a break</i>
Ut ur ugnen	<i>get it out of the oven</i>
Paketera	<i>box it up</i>
Ge till kunden	<i>give to the customer</i>
Ta emot pengar	<i>take the money</i>
Å det ringer	<i>answer the phone</i>
Capriciosa	<i>rub stomach 'it's yummy'</i>
Komma pronto	<i>point to watch</i>
Nästa pizza	





Boom Chick-A-Boom

Say boom chick-a-boom
group repeats after leader
 Say boom chick-a-boom
group repeats after leader
 Say boom chick-a-rock-a-boom
repeat
 Oh yeah
repeat
 Ah ha
repeat
 One more time
 But a little bit louder...

The song is repeated over and over each time in a new way (louder, softer, faster, underwater etc...)

Pony Songs

Here we go on our pony
 Riding on our big fat pony
 Here we come on our pony
 This is what they told me
 Back to back to back my baby
 Side to side to side my baby
 Front to front to front my bab
 This is what they told me

One person prances around the inside of the circle and stops in front of someone else. They dance back to back, side to side and then front to front before both continue around in the circle. Each time the number of people in the circle doubles until everyone is in the circle.

Singing In The Rain

I'm singing in the rain,
 Just singing in the rain,
 What a glorious feeling,
 I'm happy again.
 A chichi cha x2
 A chichi chacha



Arms out!
 Thumbs up!
 Elbows back!
 Knees together!
 Toes together!
 Bend over!
 Bum out!
 Chest up!
 Head back!
 Tongue out!

The song is sung over and over again, each time adding one body part. Durring a chichi cha you dance around a bit.

Shark Songs

There was a boy
 Do do dododododo
 And a girl
 They drove their cars
 To the beach
 It was hot
 Very hot
 They went to swim
 They dove in
 They swam out
 Farther out
 But there were sharks
 Ahhhhhhhhh
 Mama shark
 Do do dododododo
 Papa shark
 Do do dododododo
 Brother shark
 Do do dododododo
 Baby shark
 Keep going with different sharks such as brother, grumpy, bicycle, backwards, stupid, disco, elvis, surfing etc...

no Do do after this line and scream
 wave
 Do do... after every line in the whole song
 wave with other hand
 drive
 show the beach
 dry sweat off face
 again
 swim
 fancy dive
 swim again
 no Do do after this line and scream

shark mouth with hands and lower arms
 shark mouth with long arms
 shark mouth with just hands
 shark mouth with just fingers

So they turned around
 Do do dododododo
 To swim back
 They started to crawl
 Faster still
 There was no use
 Cause there were sharks
 Ahhhhhh
 Mama shark... chorus again

They grabed an arm
 Do do ...
 And a leg
 They grabbed a head
 Another head
 And all was red
 And all was dead
 There was no boy
 And no girl
 But there were sharks
 Ahhhhh

Mama shark... chorus again

make up actions to fit the words
 Do do... after every line
 cause I don't feel like writing more

no Do do after this line and scream

no Do do after this line and scream



Sally

Here comes Sally
Walking down the alley
Here comes Sally all night long
Here comes another one
Just like the other one
Here comes another one all night long

And look around the corner *point around the corner*
And what do you see *hand above eyes to see*
A big fat man from Tennessee *form a fat tummy*
I bet five dollars *five in your hand*
That you can't do this

To the front, *jump forward*
To the back, *jump back*
To the side, side, side *jump to the side*
To the front, *jump forward*
To the back, *jump back*
To the side, side, side *jump to the side*

Everyone is in a long line with hands on shoulders in front of you and the first person is Sally. During the first verse Sally moves forward doing a fun action. In the second verse everyone else moves forward doing the same action.

Brown Squirrel

Brown squirrel *paws forward and nod*
Brown squirrel *paws forward and nod*
Shake your bushy tail *shake tail*
Brown squirrel *paws forward and nod*
Brown squirrel *paws forward and nod*
Shake your bushy tail *shake tail*
You put a peanut in your hand *place one hand in other hand*
And shove it up your nose *scream loud and shove hand in face*
Brown squirrel *paws forward and nod*
Brown squirrel *paws forward and nod*
Shake your bushy tail *shake tail*

Labadoo Song

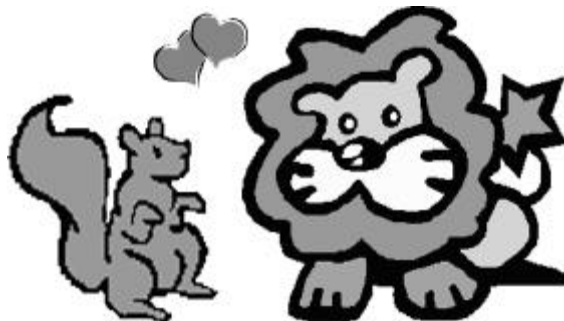
Dancing the labadoo
Labadoo labadoo
Dancing the labadoo
Labalabadoo

Have we danced labadoo holding hands?

If no

Then lets do that *do it holding hands,*

If yes you ask with another body part until you have done them all.

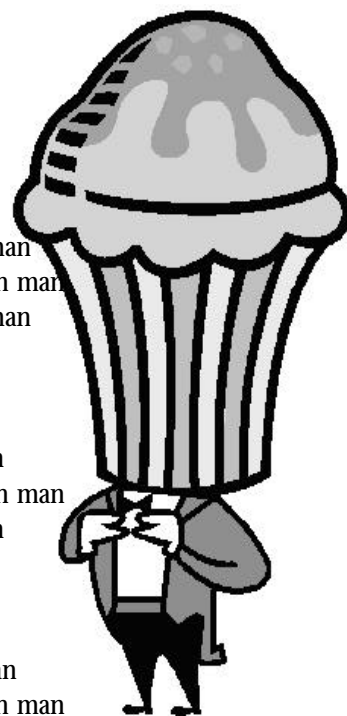


Muffin Man

X:
Do you know the muffin man
The muffin man, the muffin man
Do you know the muffin man
Who lives on Carrier lane

Y:
Yes I know the muffin man
The muffin man, the muffin man
Yes I know the muffin man
Who lives on Carrier lane

X & Y:
We all know the muffin man
The muffin man, the muffin man
We all know the muffin man
Who lives on Carrier lane



Two people in the middle of the circle start singing, one is x and the other Y. At the end of the song they become X and bring in two more people who become Y. You always bounce to the music. In the third verse you link arms and dance around together.

Lion Hunt

Going on a lion hunt
Gonna catch a big one *show size with hands*
I'm not scared *shake head*
Got my bag *point to backpack*
Got my watergun *shoot watergun*
But what's that up ahead? *hand above eyes to see far*
It's a great big lollipop
Can't go under it *use hands to show under*
Can't go around it *use hands to show around*
Can't go through it *use hands to show through*
Gotta go over it *use hands to show over*
Climb climb climb climb *climb until you have made it over*

The song is sung over and over running into different things such as juice lake, cotton candy field etc changing order of over under... as needed.

But what's that up ahead?
It's a great big lion!!!
RUN

Then you run back fast bumping into the same things in the reverse order until you are home safe.

Silly Willie

There was a little boy
normal speaking voice And his name was silly Willie
silly voice And he was so very nice
normal voice But he acts so silly
 And the finger it would go x2
 And the finger it would always gohoho

Start over again but each time you add a body part one extra verse for each part. The parts are: finger, arm, foot, leg, bum, tongue.

Love Train

We are on the train of the love

Whooo

We are on the train of the peace

Whooo

We are on the train of our fantasy

We are on the train of the love

Whooo

pause and wave hand back

pause an make peace sign

The group is in a long line (or circle) with their hands on the person infronts shoulders. During the song the train moves forward.

Fred the Moose

There was a great big moose x2 *songleader once and the group repeats it*
 Who liked to drink a lot of juice x2
 There was a great big moose x2
 He liked to drink a lot of juice x2

Chous:

Singng oohohoh x2

aweaaweaawe all at once

ehohohoh x2

aweaaweaawe all at once

The mooses name was fred x2 *songleader and then group...*

He liked to drink his juice in bed x2

The mooses name was fred x2

He liked to drink his juice in bed x2

Chorus...

He drank his juice with care x2

But he spilled it in his hair x2

He drank his juice with care x2

But he spilled it in his hair x2

Chorus...



Beaver

Bever one, bever all
 Let us do the beaver crawl
Chechecheche x3 crawl
 Baaever two, beaver three
 Let's all climb the beaver tree
Chechecheche x3 climb
 Beaver four, beaver five
 Let's all do the beaver jive
Chechecheche x3 dance
 Beaver six, beaver seven
 Let's all go to beaver heaven
Chechecheche x3 way up high
 Beaver eight, beaver nine
 STOP it's beaver time
Chechecheche x3 dance crazy!



Tony Chestnut

Tony Chestnut
 Knows I love him
 touch nose, point to me, draw heart
 touch toes, knees, chest and head
 Tony knows
 touch toes, knees and nose
 Tony Chestnus knows I love him
 as above
 That's what Tony knows
 touch toes, knees and nose

Chorus...

Now theres a sticky moose x2
 All covered in juice x2
 Now theres a sticky moose x2
 All covered in juice x2

He's a moose
 all covered in juice

talking voice



Hokey Pokey

You put your left foot in
 You put your left foot out
 You put your left foot in
 You put your left foot out
 You do the hokey pokey
 And you shake it all about
 And you turn yourself around
 And that's what it's all about

Continue with right foot, left hand, right hand, head and whole self.