

Split a Gut or Shake that Booty

When groups get tired disruptions occur and effectiveness is lost. These energizers use physical activity along with such things as humor or emotions to revitalize and refresh fidgety groups. Energizers are also good because they encourage interaction and participation.

Ho

| Number of People | Approximate Time | Items Required |
|------------------|------------------|----------------|
| 20 or less | Up to 7 minutes | — |

This exercise works best when groups have trained together for a while or when they have finished a session of heavy concentration.

1. Form a circle and designate the first person.
2. The first person says ho, the second person to the left adds a ho and says ho, ho, and the third person to the left adds another ho and says ho, ho, ho.
3. Each new person adds a ho until the ho has made a complete circle. You can also set a time limit of five minutes and continue the ho until the time is up.

Usually before the last ho, people are laughing or trying not to laugh.

VARIATION:

Other words to use besides ho are ha, hee, or hidy-ho.