

# Energizer: Creating a Rain Storm

(10 Minutes)

1 of 1

FACE THE FAST

## Objective

This activity can be used to quiet the group or to focus everyone's attention.

## Activity Summary

Many people find the sound of an approaching storm enjoyable or exciting. A storm provides the opportunity to settle in for awhile to read a good book, watch a movie, or play a game. Its fury can bring strangers together in fear; they part as friends as it drifts away. It can remind us of the power of nature. Such moments reflect the many ways, both obvious and subtle, we come to appreciate God's creation. Encourage the group to simply enjoy this "simulation" of a natural event!

## Procedure

This works best when participants sit in a circle.

Before the Food Fast, prepare 1-2 participants to lead this activity. Gather people and use the Activity Summary as an introduction.

Beginning with the leaders, participants move through a series of hand, leg and foot motions that create the effect of a storm approaching, lingering and moving on. Participants mimic the leaders, progressing one-by-one starting with the person to the left of the leader and going around the circle. When all participants in the circle have joined in, the leader changes to the next motion and the pattern continues until the "storm" has come and gone!

### *Motion Patterns:*

- 1 Begin the activity by gently and silently rubbing two hands together.
- 2 Rub two hands together more vigorously and loudly.
- 3 Clap hands together lightly.
- 4 Snap fingers.
- 5 Go back to clapping, this time slightly louder than before.
- 6 One more time, clap very loudly.
- 7 Pat hands on thighs of the leg.
- 8 Add in the stomping of feet.
- 9 Now reverse the process, first, by ceasing the stomping of feet.
- 10 Return to clapping very loudly.
- 11 Return to clapping slightly softer than before.
- 12 Return to snapping fingers.
- 13 Return to light clapping.
- 14 Return to rubbing two hands together vigorously.
- 15 Return to rubbing hands together gently and silently.
- 16 One by one, each person stops.