



AND ASSOCIATES INC.

FREE Resources for
Workplace Learning Professionals

We Make Training **Stick!**

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ENERGIZERS

Tiny Raindrops

Thanks to Faye Hobbs for introducing this to me quite a few years ago. It's a great way to get people's circulation going after sitting for a period of time.

Ask everyone to stand. Then ask them to raise both arms up to the ceiling as high as they can (some people may have physical limitations – ask them not to do anything that might cause strain or that they are uncomfortable doing). Ask them to stand on their toes, while still reaching for “the sky”. Down off their toes, and arms at their sides, ask them to imagine that it has begun to rain just a tiny bit, and they need to gently flick (or flit) the raindrops off their fingers, in a sort of brushing motion. Then have them do the same thing with their feet – flitting or flicking the raindrops off their shoes. Then ask them to take a deep breath and gently exhale it, then sit down.

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