# 26 Lead Group in Energizer

## How to Get a Manager Check-Off

Lead a well-executed energizer in front of the Challenge Center Manager.

## Procedure Details

Choose any energizer that is appropriate for your group (age, group size, energy level, etc). See Peak Adventures Staff Resource website for ideas. Examples are:

* Have You Ever
* Alaskan Baseball
* Any Tag Game

Present your energizer demonstrating the following skills:

* Appropriate Energy Level.
* Provide clear directions at appropriate volume level.
* Ask for and answer questions.
* Provide a demonstration, if applicable.
* Play the game with the participant, if applicable.
* End the game! Don’t just let it fizzle out.
* End the game at an appropriate time.
  + Before the energy begins to drop.
* Provide a wrap up statement (or mini debrief, if appropriate).