

## **Ice Breaker - The Wave**

**Summary:** Many people have experienced the wave - the uplifted arm movement that moves through stadium crowds. It is a great energizer, and can become as elaborate as you dare to make it.

**Objective:** Energizer

**Materials Required:** None

**Time Limit:** 5 minutes

### **How it Works:**

1. You can lead the wave or ask for a volunteer to lead the wave. Have participants line up or stand in a semicircle. Demonstrate the typical wave by throwing your arms up in the air, and having a person next to you follow suit. Each person follows all the way down the line.
2. Vary the wave. You can a step forward while throwing your arms down, spin around, or do any other version of a wave that you can think of.
3. Participants can take turns making up waves and leading the wave.