

RAINMAKER

OBJECTIVE // To energize the group and have fun by creating your own rainstorm

TIME // 5 minutes

GROUP SIZE // 3 or more people

MATERIALS // None

ACTIVITY GUIDE

1. Ask group to sit in a circle on the floor or in chairs. Leader joins the circle.
2. Leader starts by rubbing his/her hands and 'sends' this action to the person to his/her right while continuing to make the sound.
3. Action continues around the circle one person at a time until everyone is rubbing his or her hands.
4. Next the leader snaps fingers, passing it on as before.
5. The leader then proceeds with a series of sounds (two fingers tapping on legs, then hands clapping on legs, then feet stomping - eventually, foot and hand sounds can be combined). The noises gradually get louder and end up sounding like a rainstorm.
6. After the crescendo, repeat each step everything in reverse order, getting progressively quieter until it is silent again.