

Facilitation Guide

NOTES

Hitchhiker

This activity is an energizer for the start of each leadership session just to get the students up and mingling around the room in an informal way. Each day of training will begin with this activity.

Instructions

Each participant should put one thumb in the air. When the music starts, have the students mingle randomly around the room (or they can dance around to the music, if they want too!). When the music stops, the facilitator will call out "HITCHHIKER!" Each participant should then connect thumbs with one other person they are the closest too and answer one of the "DAILY QUESTIONS" located at the bottom of this page.

When the music starts again, students should give the person they are talking to a HIGH FIVE, and begin to mingle thru the crowd again.

Repeat five or six times to get them moving before each session begins!

THURSDAY'S TOPIC:

"Introduce yourself and tell your partner what is one thing that you are looking forward to most at JAG?"

FRIDAY'S TOPIC:

"Introduce yourself and tell your partner who is someone you look up to/admire and name three qualities that you really appreciate about them.

SATURDAY'S TOPIC:

"Introduce yourself and tell your partner three things you have really enjoyed about your JAG/Washington DC experience."

supplies:

★ No supplies needed!