

ENERGY RAISERS

RESILIENCE REAPS REWARDS
PEAK STATE FOR LEARNING
MUSIC & MOVEMENT



WHAT:

30 second activities to transform the class' energy by generating higher levels of our natural hormones.

WHY:

Dopamine (linked to receiving reward), serotonin (linked to feeling significant), oxytocin (linked to social connection) and, endorphins (linked to activity and laughter) are the quartet of hormones responsible for our happiness. Many events can trigger these neurotransmitters, but rather than being passive, there are ways we can intentionally cause them to flow.

The quickest way to change how you feel is to change how you think, and the quickest way to change how you think is to change your physiology. McKinsey's study of top executives saw an 500% increase in productivity after getting into a peak state so this means, the more time spent on energy raisers, the quicker you can get through your syllabus.

HOW:

The following are short activities that change your students' physiology, and therefore how they think and feel in less that 30 seconds. These will need to be explained before hand but once embedded in your class culture, they can be used any time and anywhere. The best way to initiate all of these activities is to lead by example and do them as well:

- Alarm Clock: When you gesture 1, students will start physically shaking and saying "wakey wakey" and as you go up through the numbers, the students will increase the size of their movement and volume of "wakey wakey". Gesturing will keep their focus on you without having to raise your voice above the noise.
- Swap: Shout swap at various times throughout class and students will have 5 seconds to get to another seat in the room (when not socially distancing).
- Mantra: A motivational saying that you ask the class to repeat with energy. Adding vocalisation will increase impact. For example, "I've got this" whilst tapping your chest.
- Shake it off: Ask students to shake their left arm for 8 counts, then right arm, then left leg, then right arm and finally whole body. Again vocalising the counting will have a bigger impact.
- Change places if: Say "change places if..." and insert statements such as "you have a sister", "you're hair is tied up" etc. and the students who agree with those statements will swap places in the room. This technique allows you to move students around that don't work well together without them being aware they are being moved (when not socially distancing).

DEVELOPMENT:

Creating your own energy raisers is easy when you include activities that release the 4 happy hormones above. You only need to include one of them, but the more you can include in one activity, the more effective the activity, and the quicker you can get your students into a peak state. To develop these you can:

- Change one element of the activity
- Ask students to change one element of the activity
- Explain and scaffold the 4 hormones, then ask students to create their own energy raiser activity
- Ask students to lead the class in their activity