

# Breathe new life into the study group meeting



There are many reasons why it is a good idea to take a short break during the study group meetings. One of the reasons is that physical activity "awakens" the body and the extra blood supply to the brain is good for both concentration and learning.

A good laugh and positive atmosphere make you more active and happy. So, 5 minutes of laughing and physical activity in a meeting is time well spent. It adds some mental energy to the meeting.

**The purpose** of these exercises is to breathe new life and energy into the meetings and shake off the mental and physical restlessness.

## 1,2,3...11

### Can you get 11?

Stand in a circle and put your right hand in towards the middle.

In best rock-paper-scissors style, you now count "1, 2, 3, and 11" in unison.

You each show a number of fingers when you say "11." Count the number of fingers - did you get 11? If you get the number 11 you may yell "wohoo!"

It might seem odd to yell "wohoo" the first couple of times, but notice what it does for the energy when you get to yell a little bit.