

Energizers: Revisit

Fill in the blank with a word from the word bank.

1. Energizers create learning momentum .
2. Energizers stimulate the brain.
3. Revisits relate to content.
4. Energizers can be physical or mental.
5. Stand up every 90 minutes to feed brain at optimal level.
6. Takes 3 seconds to introduce blood to the brain.
7. Get participants involved every 10 minutes in a face to face training and every 5 minutes online or virtually.
8. Energizers don't have to relate to content .

physical	10	90	stimulate
5	momentum	content	Revisits
3			