

Energizers: Revisit

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

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

physical	10	90	stimulate
5	momentum	content	Revisits
3			

