

5 Card Draw

3–5 Minute Energizer Activity from the National Association of Chronic Disease Directors

Instructions for Facilitator

Introduction: “We’re going to do a few easy and fun activities intended to activate the brain and the body. Do the movements that are comfortable for your body and adapt activities that don’t work for you”

Engage attendees by asking a volunteer(s) to select 3–5 cards from the deck. (Play upbeat music if available)

Provide instructions for the first activity card.

As a group, act out the activity repeatedly for 20–30 seconds, then provide instructions for the next activity. Repeat for 3 to 5 cards.

Instructions for printing: Set your printer to print duplex or double sided. There will be a logo side and a text side. Use the trim lines on the text side of the card sheets to cut out the individual cards.



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- As a group, act out the activity repeatedly for 20–30 seconds, then provide instructions for the next activity.
- Repeat for 3 to 5 cards.

Roll your neck



Lift your knees up and down



Walk in place



Push arms forward and back



Roll your shoulders forward and back



Make your own dance move



Slow belly breaths (In through your nose out through your mouth)





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Wild Card!

(Move however you want)



Wild Card!

(Move however you want)



Stretch your arms
while imagining
your favorite place
in nature



March in place as
you think of things
you are grateful for



Play rock paper
scissors with your
neighbor



Arm and leg
stretches



Torso Twist



Phantom Sport

Throw/catch a football
with a neighbor or
someone across the room





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Jog in place



Jumping jack arms



Balance on one foot
(then switch)



Arm circles



**Skip in place and
think of a time
you laughed so
hard you cried**



Reach for the stars



**Pretend to jump
rope**



Bicep curls





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