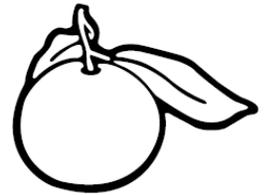




## Energizer of the Month: Sweet or Sour Citrus Face



*Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.*

### Ready:

- This energizer can be played during any citrus fruit lesson—or whenever students need to let off steam!

### Set:

- Allow students to stand up behind their desks and push in their chairs.
- Have up-tempo music, like the *Shake it Up* CD, ready to go.

### Go:

- Start the music and call out an exercise, for example: jumping jacks, march in place, side-step, scissor jump, shoulder-press while marching, hamstring curls, etc.
- After 30-60 seconds, pause the music and at the same time call out the name of a citrus fruit. Examples of citrus fruits: orange, lemon, lime, tangerine, grapefruit, tangelo, mandarin orange, pummelo, or kumquat.
- Students must freeze in place and if a sweet citrus fruit was called they make a “lion face” (open eyes and mouth as wide as you can); and if a sour or bitter citrus fruit was called they make a “lemon face” (eyes and mouth closed tight and face muscles scrunched up).
- Repeat, calling out a different exercise each round (you can repeat citrus fruits).

### Teaching Suggestions:

- It's ok if not all students make the same face. Taste is subjective!
- For younger students you can make the activity easier by sticking to “orange” and “lemon.”
- Make the game more interesting for older students by turning it into a friendly competition. Students who don't freeze and make a face immediately get a point. See who can finish the game with the fewest points.

**Take it outside:** Have the class line up along one side of a basketball court. Stand at the opposite side of the court. When your back is to the class they may move forward, but when you turn around and say a citrus fruit, they must freeze and make a face immediately. If you see any kids moving after you turn, they must go back to the beginning. The student who reaches you first wins.