Objective:

- To create a culture for participants to associate the beginning of the sessions with fun and jives.
- To energize and motivate students before engaging in other activities.

Process:

- Ask all the students, teachers and facilitators to assemble in the main area of the school.
- Divide the students in appropriate lines so that all students can see the facilitators in the front.
- One of the facilitators should lead the session in an aerobic/zumba jive that the students can easily follow. The choice of song should be upbeat to get the kids to enjoy and have fun.
- Teach this routine, revise it a couple of times, and keep encouraging the students.

References:

- https://www.youtube.com/watch?v=PyvFFaUbqXs&list=PLFqSMOggLY7R_y0Ok7ljOTI9lomJqRYhh&index=18&t=0s
- https://www.youtube.com/watch?v=Hw821Fy3XKU