

Energy Awards

Energy awards are one of our participants' favorite things about Girls on the Run. They are simple cheers that are used to praise others and to recognize and reinforce positive behavior. A Girls on the Run coach will share sample energy awards at the first session and the girls will start creating their own as the season progresses.

Energy awards can be given for many reasons at the discretion of the coach. Anything from reinforcing a shy girl who had the courage to share her thoughts during processing to recognizing a girl who exemplified caring for another girl to honoring the entire group for achieving a lesson goal, to reinforcing a girl who was not in the mood to run but diligently completed the physical activity.

Coaches need to be cognizant of who has received energy awards during the season to ensure that everyone is recognized during the twelve weeks. Coaches should always initiate the energy awards, but it is appropriate to allow the girls to recognize each other as well. The coach must keep firm control on this because all the girls will want to do a cheer and it is important to keep the focus relevant.

Here is a list of Energy Awards to consider utilizing with the girls. Enjoy!

“The Surfer” – Mimic that you are standing on a surfboard, riding the waves while coolly stating “Hoo-raaaaaay” !

“Superstar” – Jump with your right foot forward and your arms extended overhead and joyously yell “Superstar”!

“The Lawnmower” – All participants mimic that they are starting a lawnmower and then steering it in and out of the circle.

“The Firecracker” – Clap your hands together and saying “MMMMMMM” as you raise them above your head before thunderously yelling “POP” with a sudden clap at the top of your head before bringing them down to your sides as if they were falling fireworks.

“WOW” – This one is a silent award. You hold three fingers up on either side of your mouth to show a “W” and your mouth is open to show an “O” together it looks like

W-O-W.

“Pencil Sharpener” – With one of your pointer fingers pointed toward the back of your head and one pointer finger out stretched in front of you move the arm behind your head clockwise while leaning forward saying “woooo”!

“Bubble” – Draw an outline of a bubble in the air and then pop it with your two pointer fingers while jumping in the air and kicking your heels behind you.

“Rock ‘n Roll” – Take a step forward, put your hands in the air giving rock and roll horns and say “rock ‘n roll” with a lot of sound and a bit of attitude.

“Shopping Cart” – Mimic pushing a shopping cart, picking items off of the shelves and putting them into your cart. Have the group do this toward and away from your award winner.

“Fan-tastic” – Fan yourself and then point to the award winner. While you fan yourself, say “Fan” then point and say “tastic”. Together you say “fan-tastic”.

Have fun creating your own! Please make sure that all energy awards are positive, encouraging and appropriate for everyone participating.