**Warm-Up Activities for CROP Hunger Walks**

Can be led by one person or many. Leader(s) can decide to do all activities or pick and choose according to time. Do as many rotations of each activity as you want. Bring excitement, passion and energy!

**Introduction**

Hello, everyone! My name is (Our names are) \_\_\_\_\_ and we’re excited to be walking shortly with you all in our \_\_\_\_\_ annual CROP Hunger Walk! We’ve been asked to come here and get us all ready to WALK! So, who’s ready! Let’s hear it! (cheers) Louder! (more cheers!). So before we start off, let’s do a few activities together to get our bodies ready for the walk ahead! Spread out, give yourselves enough space from your neighbor so you won’t clobber them before we start, and let’s loosen up and prepare to Walk!

**Arms Around the World**

Let’s start easy. Let’s spread our arms wide as though we’re giving the whole world a big hug. Then twist your arms and body around as though you’re dancing with the world. Twist even more and make sure you’re giving everyone around the world a virtual hug!

**Helicopter Arms**

Keeping with the arms, now let’s swing our arms around and act like we’re helicopters that are delivering emergency food – food that would not have been possible without our efforts today! Swing them faster, and faster, and faster as we head high into the sky with our helicopters full of food! And now slower, slower, slower, as we land in the area that has just experienced an earthquake, a landslide, a flood, and remember that your efforts will help vulnerable people survive!

**Running Water**

Next let’s get our feet moving! The money we’ve raised for today’s walk is going to provide safe, clean drinking water for thousands of vulnerable people around the world. To remind us of that, on the count of three let’s stomp our feet as loud and fast as we can so that we can make it sound like the water that will be flowing from wells that we’ve helped to build! Great! That’s a lot of water!

**Stomping out Hunger**

Let’s keep with our feet and make sure they are REALLY ready for the walk! Raise your knees high and march in place. Let’s pretend we’re stomping out hunger with each step. Big high knees! Big steps in place and stomp out that hunger with each step! Now swing your arms!

**Hungry Mouths**

Now, we’re going to be doing a lot of talking along the route ahead. So we don’t want neglect making sure our mouths are ready! So I’m going to ask you to open your mouths wide. Move them around. Stretch them out. Imagine that, with every step we take more men, women and children will be putting more food into their mouths. Really stretch them out and make funny faces!

**Jumping Jacks for Justice**

Want to get your heart going a bit? Let’s do some jumping jacks for justice! Each time you jump think about how we need more people in this world jumping for justice. Imagine this more just world that you’ve helped to create because you’re here with us today!

**Touch your Toes**

Almost done folks! Let’s stretch our bodies out. Let’s pretend we’re waterfalls; fresh, clean water flowing out of taps; taps that we’ve helped to establish from our efforts. Try to touch your toes and stretch your bodies even further. Ease into it, easy like flowing water. Ease just a little more and stretch out those back muscles just a little further!

**Hands Together**

Lastly, I want us to raise our hands in the air and wave them. Let’s create a wave of prayers and good thoughts for our walk today. Look around you at the wave of justice that we’re creating today! Look at your hands above and know that by putting our hands together, we have made this justice possible. And now on the count of three, put your hands together and let’s all congratulate ourselves on the success of our weeks of fundraising, and for making this walk such a success!

Thank you all for being here and for doing your part to end hunger in this world. Let’s have a GREAT WALK!