

How to make it rain!

Making it rain is a fun team-builder and can be a cool activity as a grade level or a whole school. This activity uses your body-parts, like your feet, hands, and fingers, to make movements that all together create a rain like sound, even a thunder-storm. Often this activity is done as a transition activity, to quiet a group or as an activity for growth and reflection.

Here's how you start:

Everyone should be sitting in seats or bleachers. A speaker leads this, this person will pace from side to side and model for the group.

Sample Intro:

At this time we are going to simulate the sounds of a rainstorm. In the center of the gym you can see the leaders who will model the motions that we would like your sections to follow. They will be switching through changes in rubbing hands, snapping, patting, and stomping. As an audience member, you will know that it's time to switch when the student leaders in front of the bleacher passes in front of your section. Make sure your hands are free, so set down that cell phone!

This activity can take 1-2 minutes or even up to 5 or longer depending on the length of time, size of the group and the leader.

STEP ONE: Rub your hands back and forth (drizzle)

STEP TWO: Snap your fingers (rain drops)

STEP THREE: Pat your hands on your thighs (bigger drops)

STEP FOUR: Stomp your feet (heavy rain drops)

STEP FIVE: Stomp your feet and pat your hands on your legs (the intensity and peak of the storm)

STEP SIX: Stomp your feet

STEP SEVEN: Pat your hands on your thighs

STEP EIGHT: Snap your fingers

STEP NINE: Rub your hands back and forth

STEP TEN: Silence and stillness

Sample Closing:

Okay, we just made a big rainstorm. It came and went. Just like hard times and personal challenges, they may come in sprinkles and flurries and storms, but they all eventually end, and what's left is you and a bright sunny day.