



Energy Awards

Energy awards are one of Girls on the Run participants' favorite things about our program. They are simple cheers that are used to praise others and to reinforce and reward positive behavior. A Girls on the Run coach will share sample energy awards at the very first session and the girls themselves 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 for something during the twelve weeks – this should not be a problem. 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 the girls will all want to do a cheer and it is important to keep the focus relevant.

Sample cheers:

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

“Superstar” – Jumping with your right foot forward and your arms extended overhead and joyously yelling “Superstar”!

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

“The Firecracker” – Clapping 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” – To do the 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 toward your butt.

“Rock ‘n Roll” – This one is brand new courtesy of DC. You take a step forward, give the rock and roll horns and say rock ‘n roll with a lot of sound and a bit of attitude.

“Shopping Cart” – This is from back in the day. This is the dance that looks like you are pushing a shopping cart, picking items off of the shelves and putting them into your cart. You do this toward and away from your award winner.

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

Create your own! We are always looking for great new energy awards. If your council has an award that you think would make a great addition for all of the Girls on the Run locations please email Allie Riley (ariley@girlsontherun.org). Please make sure that all energy awards are positive, encouraging and appropriate for everyone participating.

Also, don’t forget these other Energy Award cheers:

Washing Machine

Superstar! (big arms and voice)

Superstar! (tiny fingers and voice)

Disco