

# Affirmations for Teams

1. 5-4-3-2-1-der-ful- Hold up 5 fingers, and count down 5-4-3-2-1. When one is stated, point to the person or group being affirmed and say "Won-Der-Ful."
2. Na-na-Na-na Cheer - Swing arms back and forth, while singing "Na-na, Na-na, Na-na, Na-na, Hey, Hey, Hey! GOOD JOB!"
3. Addams Family - To the theme from the Addams Family, sing "What a good job! (snap fingers twice) What a good job! (snap fingers twice), and then whisper "Awe-some!" and snap your fingers.
4. Karate Cheer - With both hands at a 45-degree angle, circle them around each other, then CHOP the air twice while you say, "Great Job!"
5. Water Sprinkler - Hold palms together, waist-high, to the right of your body. Move the palms in 6-inch increments for 4 moves, making the sound "ch, ch, ch, ch." Then move hands quickly to the right in one move, making the sound "shhhhhh."
6. Kansas Cheer - "Toto To-tally Awesome!" Put hands to ears (like Toto the dog) when you say, "Toto To-tally" and move hands overhead to say "Awesome!"





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Turn to the Group Leader and say:

7. "You're still #1!"
8. "If it is to be--it's up to me!"
9. "You're our fearless leader!"
10. "You better set a good example!"
11. "Lead off, boss!"

Say these together as a group:

12. "We are one Red Hot Team!"
13. "We are the Team of Destiny!"
14. "Our team rocks!"
15. "Together we achieve more!"
16. "Great minds think alike!"

