



Mr. and Mrs. Wright

A mental energizer where participants listen and react to a story

TIME

5 minutes



MATERIALS

None

TEAM STAGE

Forming, Norming, Performing

SUMMARY

In this activity, participants listen to a story and react by pointing their hands to the left and right.

SET UP

- Have all participants sit with their hands pressed together palm to palm, in front of them.

INSTRUCTIONS

- Tell the participants that they will hear a story about Mr. and Mrs. Wright.
- Instruct them to point their hands to the left every time the word "left" is read and point their hands to the right when the word "right" is read.
- Read the following story (at a moderate pace):
 - I'd like to tell you a story about Mr. & Mrs. WRIGHT. One evening they were baking cookies and Mrs. WRIGHT suddenly called out, "Oh, no, there is no flour LEFT! You will need to go out to the store RIGHT now." "I can't believe you forgot to check the pantry," grumbled Mr. WRIGHT. "It will only take twenty minutes if you come RIGHT back. Go to the corner of First & Second Streets, and turn LEFT at the stop sign. Then go to Forty-Third Street and turn RIGHT, and the shop will be on your LEFT," declared Mrs. WRIGHT as her husband LEFT the house. Mr. WRIGHT found the store and asked the assistant where he could find the flour. The assistant pointed and said, "go to aisle four and turn LEFT. The flour and sugar will be on your LEFT." Mr. WRIGHT made his purchase and walked RIGHT out the door. He turned LEFT, but he couldn't remember where he had LEFT his car. Suddenly he remembered that he had driven Mrs. WRIGHT'S car and that his car was in the driveway at home RIGHT where he had LEFT it. He finally found the RIGHT car, opened the trunk and put the flour RIGHT inside. Eventually, a weary Mr. WRIGHT found his way home. Mrs. WRIGHT had been waiting impatiently. "I thought you would be RIGHT back," she said. "I LEFT all the cookie ingredients on the kitchen counter, and the cats got into the milk. You'll just have to go RIGHT back to the shop again." Mr. WRIGHT sighed. He had no energy LEFT. "I am going RIGHT to bed," he said, and LEFT Mrs. WRIGHT standing in the kitchen..."

VARIATIONS

- For a physical energizer, have participants stand up and jump left and right instead of pointing with their hands.

 **Online:** To facilitate this activity virtually, read the story live on a platform such as Zoom and have participants react accordingly with their video on. [\[click here for video\]](#)

 **Asynchronous:** To facilitate this activity asynchronously, record version of the story and have participants participate with the recording.