

NPD ENERGIZER

Name of Activity: San Francisco Dreamin'

Formation: Standing by seat

Equipment: None



Directions:

- 1. Presenter leads the group on a virtual tour of San Francisco. Participants move at least 30 seconds for each of the actions listed below.**
 - **March across the Golden Gate Bridge**
 - **Surf at Ocean Beach**
 - **Climb up Coit Tower**
 - **Run after a cable car**
 - **Trek up Twin Peaks**
 - **Swim from Alcatraz to Aquatic Park**
 - **Skateboard down Lombard Street**
 - **Swing a bat at AT&T Park**
 - **Bike through Golden Gate Park**
 - **Stroll along the Embarcadero**
- 2. Presenter may use same concept with a state or another city.**