

## What is it for?

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A simple game played in a circle where a clap is passed around the circle

## Time & People

.....  
5-10 mins  
8 to 50 people

## Materials

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None

## Source

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Improv theatre warm up

## Description

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Activity Flow

- Stand in a circle
- Leader turns to the person to their right and claps both hands in front of them
- The idea is for the partner to clap at the same time, on the same beat as the person passing to them
- The clap is passed from person to person around the circle
- After one round, start again and add more claps every few seconds
- Eventually the group will find a very satisfying rhythm
- Play until the game breaks down or the claps disappear

Side coach: Encourage eye contact as a way of helping synchronise

Debrief

- What is this game about?
- How did it feel, at the start, and after a few minutes of playing?
- Why is group rhythm so satisfying?