



# YOU PART

Engage. Connect. Empower

## **HAND MOVING & CLAPPING GAME**

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# HAND MOVING & CLAPPING GAME

## FACTS

**Age** of participants: 5+

**Number** of participants: any even number

**Duration:** 10-15 minutes

## GOALS

The Hand clapping activity aims to uplift group energy in a funny way, it can help people in pairs to get to know each other better. This energiser is fun and good to build focus on the other person.

Can be used as an ice-breaker activity if participants change the pairs after each round of the activity, so that they have opportunity to play with different people.

## ADDITIONAL INFORMATIONS FOR THE FACILITATOR

During the instruction, it is very good to ask a volunteer to demonstrate the activity together. This can help the participants to understand the movements and clapping.

It is good to start at a slower pace. After a few minutes, when you see that the participants are getting a little more confident, encourage them to increase the pace.

## MATERIALS

It is good to play some rhythmic music to accompany the movements and find a good rhythm for the activity. But this is optional.

## INSTRUCTIONS

Form pairs. It is good to form pairs of people with similar height. Pairs stand face to face. Each of you move your arms (up / down / right / left) according to your will. After every move each of you clap (individually). The point is that sometimes you both move the arms to the same direction (e.g. both move hands left) and if this happens you are lucky and celebrate it with clapping hands together in pair instead of clapping hands each one individually. Then you continue with the arms move.

**The rhythm is:**

- 1)Arms move
- 2)Clap (individually or together)
- 3)Arms move
- 4)Clap (individually or together)
- ...and repeat



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## PROJECT PARTNERS



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