

# Pass the Clap

Source: Improv Theatre warm-up game

## Overview

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

## Purpose

- Noticing
- Being present
- Physical warm-up

## Time

- 5 – 10 minutes

## Number of participants

- 10 - 50

## 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
- 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

## 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?