



Pass the Zap!

What is it for?

.....
A group passes a 'Zap!' around a circle. Additional actions can be incorporated to increase difficulty and extend the range of choices.

Time & People

.....
5 - 15 minutes
Any number
Ideal: around 20

Materials

.....
None

Source

.....
Melbourne Playback Theatre Group

And...

.....
There are many variations and additions. These include:
BONG! Where everyone has to ring an imaginary bell on the end of a long rope
HIGH FIVE! Where everyone has to run to the centre of the circle and high five as many people as they can
FREAK OUT! Where everyone finds a new place in the circle

Round One

- Stand everyone in a circle
- Explain that we are going to pass a 'Zap!' around the circle
- Demonstrate a 'Zap!' - focusing on the clap, sound and eye contact
- Explain that a 'Zap!' can only go around the circle, but in either direction
- Practice passing the 'Zap!' around the circle
- Send the 'Zap!' in various directions
- Have more than one 'Zap!' circulating at any time

Round Two

- Introduce the 'Whoosh', that is a 'Zap!' that is sent across the circle with a two-handed throwing action and the sound 'whoosh'
- Whoever receives a 'whoosh' can send it across the circle again as a 'whoosh' or turn it back into a 'Zap!' and send it around the circle
- A 'whoosh' can only go across the circle

Round Three

- Introduce a 'boing'
- If someone sends a 'whoosh' to you, you can choose not to receive it by raising both arms and saying 'boing'

Now play the game incorporating zaps, whooshes and boings

Suggested debrief questions

This seemingly silly game is very powerful and can be used to explore a number of concepts, so a debrief of this game is a good idea

- What did you find easy? Hard? Why?
- What does this game reveal to us about choice?
- What does this game tell us about how we respond? Our patterns? Did you respond the same way each time? Why? Why not?