

# PASS THE CLAP

## Ice Breaking activity

*This icebreaking activity aims to activate the room, to build collective attention and encourage teamwork through rhythm and quick reaction.*

**Time:** 3- 5 minutes

## Full group exercise

### Materials:

- An open space where participants can stand



### Activity:

1. Participants stand in a circle
2. The first one starts by turning to someone next to them, and clapping once toward that person
3. The receiver immediately turns to the next person and passes the clap

### TIPS

1. Make sure you explain the rules clearly: make eye contact first and clear body movement
2. You may want to start slow and then increase the pace
3. Seek the mistake – this will open laughter and build connection