

## Training Programme

### Challenging our own ways of thinking

Day **3**

#### 1 Pass the clap

##### Warm Up Exercise

25 min

##### Useful for

Helping the group to tune into each other through eye contact, rhythm and focus.

##### Resources needed

none

##### Room layout:

There should be a clear space in the room which will comfortably hold all participants standing in a circle

##### What happens

The facilitator asks everyone to stand in a circle. The facilitator then turns to the person next to them, makes a clap, asking the other person to clap at exactly the same time. That person then turns to the next person and passes the clap. Each time the clap is passed, the two participants should clap at exactly the same time.

The clap is passed around the circle. The facilitator can then add additional claps so that more than one clap is going around the circle at the same time. A clap can also go in the opposite direction. As the claps are going around the circle, participants are able to make eye contact with another participant across the circle. Without saying anything they then exchange places in the circle by running across the circle. However, they must do this without interrupting the passage of the claps around the circle.

If a clap stops or is lost the facilitator stops the exercise and discusses why it happened before restarting the exercise.

**Note for facilitators:**

Expect to have to restart the exercise a number of times. Make sure that the claps are moving quickly around the circle. When the exercise breaks down ask the group how they can be even more synchronised (Eye contact, staying in rhythm, anticipating the clap).



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