



## BRACED ANNUAL LEARNING EVENT, MARCH 8 - 11 2016, DAKAR, SENEGAL

*This exercise is one in a series of Applied Improv exercises used during the workshop. If you would like to use them in practice, ensure you use these exercises in a suitable context, facilitated in a way that provides a safe space for all participants and maximises learning.*

### Pass the Clap

*Purpose:* Open up interaction between a group of participants

*Time frame:* 5-10 minutes depending on how it evolves

*Group size:* Any number; with more than 20 it's best to divide into smaller groups of 10

*Required logistics:* Ideally an empty room but it can be done around a table

*Required materials:* None

### Flow

**Step 1:** Ask people to stand up. Explain that we will be passing a message around the group, from person to person, without speaking. The message is passed when two people clap at the same time.

*Facilitator note:* Demonstrate this with your neighbour.

**Step 2:** Invite one person to start by passing a clap to their neighbour. Both will clap at the same time. The neighbour turns round to face the next person in the direction of the flow, and passes the clap on to them.

*Facilitator note:* Encourage them to clap at the same time. Go round the whole circle at least once.

**Step 3:** Explain that anyone can change direction in the following way: after the receiving person receives the clap, instead of turning around in the direction of the flow, they clap it back.

*Facilitator note:* Continue round again, with participants continuing in the same direction, or changing direction as they wish. Make sure you go round everyone at least once.

**Step 4:** Explain that you can also pass the clap across the circle in a similar way.

**Suggestions:** Side coaching is helpful to find out from the participants the behaviours that enhance synchronicity - e.g. looking at the person you are passing the clap to; making exaggerated movements to show the direction of the clap; waiting till you catch someone's eye; showing you are ready and open to receiving the clap; using the rhythm etc.

Challenge them to speed up as they get the rhythm.

Debrief about the relevance of the insight gained in this game for themselves in their interactions with people, and for the team in its communications.