

## Clap Laps

**Impact:** Focuses and energizes a group, builds teamwork and develops individual initiative

**Risk:** Low

**Group Size:** 8 or more

**Time Required:** 5 minutes

### DIRECTIONS:

- The group sits or stands in a circle.
- Two people who are sitting or standing next to each other begin by facing each other and clapping in unison.
- Then one of the two people “takes the clap” and turns 180 degrees and claps with the next person in the circle. The clap then travels around the circle, always with two people next to each other, looking at each other, and clapping in unison.
- The clap should increase in speed and intensity as it travels around the circle. It is important that the two people who are clapping clap in unison. If they do not, the clap must return to the beginning of the circle.
- The game continues until it has reached maximum speed or the facilitator ends it.

### Options:

- If the group has mastered the Clap Laps in one direction, try starting it in the other direction.
- Clap Laps can also be played in two directions at once. The place where it crosses in the middle of the circle can be a challenge. You may want those in the middle of the circle to develop a strategy beforehand about how they will deal with it.
- Clap Laps can be played as a reversing game. In this variation one shared clap continues the clap in the one direction. Two shared claps between the same two people sends the clap back in the other direction. For example, the clap is going clockwise and B shares the clap with A. A, instead of turning to the left and clapping with Z, stays facing B and claps with B again. The clap is then B’s clap and they can either clap once more with A to send it back clockwise, or can turn around and clap with C and send it counter-clockwise.
- This can be done as a group challenge in which the group tries to shorten its time with each trip the clap takes around the circle. The process can focus on teamwork, anticipation, staying focused.

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