

# HANDBOOK FOR TEACHERS

## ART FOR WELLBEING IN THE CLASSROOM

### PASS THE CLAP

<b>Good for</b>	Building a group Focus Group of 10-15 people
<b>Length</b>	10 mins (depending on group number)
<b>Resources</b>	Large Room / outdoors
<b>Actions</b>	<ul style="list-style-type: none"><li>• Stand in a circle</li><li>• Explain we are passing a clap around the circle.</li><li>• Clap to the person to your right</li><li>• They pass it on to the next person, and so on until it comes around full circle</li><li>• Take the clap around the circle to the left. Pick up a rhythm.</li><li>• Next, pass it around the circle again, but each passer and receiver should clap at exactly the same time.</li><li>• Next, pass it across the circle. Everyone should be focused on where the clap is. Passers and receivers continue to clap simultaneously.</li></ul>
<b>Tips</b>	This might take some concentration. If people clap out of time, ask them to focus hard on each other and repeat until they clap at the same time.
<b>Variation</b>	-

