



## Clap and jump

<b>Aim</b>	To get the peer experts to loosen up and to make them laugh
<b>Duration</b>	5-10 Min
<b>Number of participants</b>	any
<b>Difficulty</b>	easy
<b>Conditions</b>	You need enough space, so the teams of two can all face each other.
<b>Material</b>	-

### Preparation

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### Description

The participants should pair up and stand opposite each other. Demonstrate the activity to the group together with a partner. You start by saying "one", the person facing you says "two" and you say "three". The person facing you says "one", you say "two", your partner "three", and so on.

After doing this for a while, you explain that, instead of saying „one“, you will now jump. So you start with a jump, your partner says "two" and you say "three". Next, your partner jumps, you say "two" and he/she says "three". After doing this for a while, you explain that instead of saying "two" the respective person should clap his/her hands once. So you start with a jump, your partner claps, you say "three", and so on.

As this exercise is more difficult than you may think, the participants need to concentrate in order to avoid making mistakes. Normally, everybody starts laughing at a certain point as it is quite hard not to make mistakes.

You can even make it more difficult by adding numbers or tasks.

**Source** ECPAT Netherlands

**Link** <http://peerbox.at/?p=357>