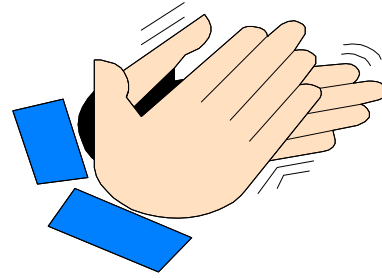


Clapping to Ten



Overview:

A simple, effective energiser or team building exercise for large groups of seated participants which is fun to play. All participants must clap to ten in unison with the facilitator. Something that is much more difficult to achieve than is immediately apparent.

Sequencing:

Any time it is necessary to get participants into action or encourage them to work as a team. A great way to demonstrate the need, and what it takes, for all of the team to be in synchronisation. A good session opener, closer or energiser for a tired audience.

Potential:

This game has the potential to:

- get participants into action
- show key lessons in teamwork
- challenge assumptions and limitations
- encourage synchronised teamwork
- broaden modelling skills
- demonstrate coaching principles
- bring out the leader in the group
- bond the group together
- encourage lateral thinking
- display creative orientation in action
- demonstrate the experiential learning methodology

Participants:

From 100 upwards - no maximum
(more the better)

Timing:

Time to play: 5 minutes
Time to debrief: 1-5 minutes

Ratings:



Energiser



Fun



Teamwork



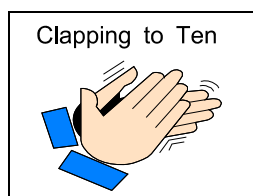
Competitive



Minutes



Indoors

**Comments:**

“A task that is much more difficult in practice than it seems and a great way to energise seated participants while demonstrating what it takes to achieve large team coordination.”

John Radclyffe, Trainer

Logistics:

Essential:	Optional:
Materials: None.	Music: None.
Props: None	Assistants: None
Set-up: Select the whole group or blocks of rows to compete simultaneously or sequentially	

Script:**Introduction:**

Frame up the game

Can everyone in the room count to ten? Good.

Does everyone in the room know how to clap? Good.

Well, your task as a group is very simple.

When I say “Go!” the whole room is going to clap to ten in unison.

Everyone must participate.

We will all start and finish together.

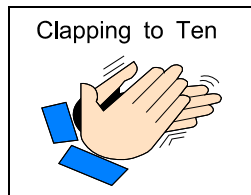
I want to hear crisp, clear claps in perfect synchronisation.

No stutters, overruns or echoes.

Can you do that? Good.

I will give you the tempo.

Just watch and clap along with me.

**Main Activity:**

Count down demonstrating the tempo with exaggerated clapping motions but **do not** call the number of claps once the group starts

Here's the beat: Three Two One Go!

Participants clap to ten (or for some eleven or twelve)

Okay! Great practice but was that a stutter or an echo I heard?

I want to hear really crisp synchronised clapping to ten, not eleven or twelve.

Let's try again. Here's the beat: Three and Two and One and Go!

Participants clap to ten (or for some eleven or twelve)

Repeat the exercise as desired. Audience can be split into sections too.

Okay, this block, let's see if you can do it. Everyone together -

Here's the beat: Three and Two and One and Go!

Pretty good. I think your getting there.

Okay, this next block, let's see if you can do it even better. Everyone together -

Here's the beat: Three and Two and One and Go!

Repeat as desired to get perfect synchronisation.

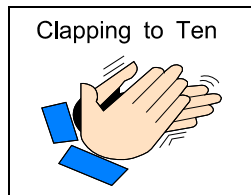
On completion thank participants

That was awesome.

Thank you for your wonderful synchronisation. Give yourselves a hand.

Optionally, debrief the game

Please complete your debrief sheets headed "Clapping to Ten"

**Debriefing:**

This game is not normally debriefed but the points set out below can be extended or reduced to suit the circumstances and requirements of the training
(Please note: possible responses are in parentheses)

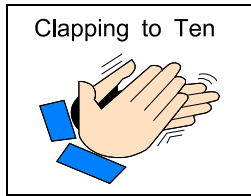
- Get participants to record their individual experiences on the Debrief Sheets. Talk them through the questions on the sheet.
- Ask participants to discuss in groups:
 - *What worked for you in this game?*
 - *What didn't work for you in this game?*
 - *What did you learn in this game that you can apply to the workplace?*
- Debrief all participants as a group:
 - *What worked for you?* (Common goal. Communication. Teamwork)
 - *What didn't work for you?* (Different ideas. Timing. Lack of leadership. Not counting)
 - *What did you learn in this game that you can apply to the workplace?* (Draw out synchronisation, making use of practice time, "go for it.)

Source:

WorldGAMES 2003

Trainers Note:

Please feedback new variations, solutions, outcomes and debriefing points for WorldGAMES to update and circulate.



Debrief Sheet

- 1. What were your results ?**
- 2. What worked for you in clapping to 10?**
- 3. What did not work for you in clapping to 10?**
- 4. How did it feel to play the game?**
- 5. What can you learn that relates to the workplace?**