



Brain Break Yoga clap

*Thanks to Louise Rowan,
Dru Yoga Teacher Training*

- Individual
- Pairs
- Small group
- Whole group

Uses: This Brain Break can help with concentration, coordination and is fun!

Resources: None.

Time: 5-10 minutes.

What to do:

1. Participants work in pairs, ideally of equal height. They stand back to back.
2. Learn the 3 part clap pattern which is a bit like the chorus of a song. It is used in between each new round. Each person of the pair claps their hands, slaps their thighs/knees and claps again. Practice this a couple of times to get into the rhythm. The song begins with this.
3. The first verse or round 1: Person A reaches back with their right hand and claps with person B's left hand. Note: you should not be going across the body at this stage.
4. Chorus: Clap, slap thighs, clap
5. Verse or round 2: Person A reaches out with their left hand and claps with person B's right hand. Note: you should not be going across the body at this stage.
6. Chorus: Clap, slap thighs, clap
7. Verse or round 3: Person A reaches across their body with their right hand to clap Person B's left hand.
8. Chorus: Clap, slap thighs, clap
9. Verse or round 4: Person A reaches across their body with their left hand to clap Person B's right hand.
10. Chorus: Clap, slap thighs, clap
11. Verse or round 5: Person A reaches to their right with both hands to clap both of Person B's hands who is reaching to their left.
12. Chorus: Clap, slap thighs, clap
13. Verse or round 6: Person A reaches to their left with both hands to clap both of Person B's hands who is reaching to their right.
14. Chorus: Clap, slap thighs, clap
15. Verse or round 7: Both person A and B reach up above their heads to clap hands.
16. Chorus: Clap, slap thighs, clap
17. Last round or verse 8: Both person A and B reach down between their legs to clap hands.
18. Finishing Chorus: Clap, slap thighs, clap

Make it different:

- You may want to remove some of the rounds and create a shorter version.
- You can change the chorus to create another repeating pattern.

Points to make:

- Participants remain back to back throughout the activity.
- This activity increases flexibility, uses cross-lateral movements and gets more oxygen into the brain.
- A fitter body contributes to a fitter brain.
- Only do what is comfortable; you know your body best.

