



Brain Break

Circle of hands

- Individual
- Pairs
- Small group
- Whole group

Uses: This activity aids concentration and builds co-operation between groups.

Resources: None.

Time: 5 minutes.

What to do:

1. In groups of more than four, ask participants to make a circle of hands placed in front of them. This can be done on the floor or on a table.
2. The object of the exercise is to pass a tap of energy around the whole circle and back to the beginning, as smoothly and quickly as possible.
3. One person begins by tapping the table with their right hand; the person next to them on their right then taps their left hand, then their right, passing the energy along. If it helps, imagine the energy going through the left hand up the arm and down the right arm to the right hand.
4. This is repeated by each person in a domino effect, sending the energy around the whole circle.
5. You may need to practice a few times; see if you can get faster and smoother.
6. Try adding some complications:
 - Send the energy in two different directions around the circle.
 - Use a double tap, which changes the direction of the energy, sending it back the way it came.

Make it different:

- Ask the participants to place their hand in between the hands of the people on either side of them; the end result is that each person's hand is interspersed by another person's. Again, the energy has to be passed from hand to hand, (even if it is not your hand), but this time the hands are all mixed up so everyone has to really concentrate. When you have mastered this, try some of the other complications.

Points to make:

- This activity needs a lot of focus and concentration to make it work.
- The success lies in every person remaining totally focused.
- Changing the hands with others around you sends very mixed visual messages thus making it harder for your brain to connect the movements to your hands. A good exercise for your brain!