



## Brain Break

# Clapping game

- Individual
- Pairs
- Small group
- Whole group

**Uses:** This is a 'UFA' version of a traditional playground clapping game. Most of us will remember doing these games and can bring different rhymes and patterns. It can be used for concentration, teamwork and bring focus.

**Resources:** None.

**Time:** 5 minutes.

### What to do:

1. Teach the pattern to the group and then practice in pairs.

(To the tune of 'A Sailor Went To Sea, Sea, Sea')

We're learning with the UFA  
On a fun-filled Super Learning Day  
So try and then you will go far  
And you'll be a Super Learning Star

The clapping pattern is:

Clap to yourself.  
Slap your right hand to your partner's right hand travelling across the body.  
Clap to yourself.  
Slap your left hand to your partner's left hand travelling across the body.  
Clap to yourself.  
Double high five x 3.

*Repeat 3 more times.*

2. See how fast you can go without making a mistake!

### Make it different:

- Try challenging the participants to make their own songs and patterns.
- Make it work in a team of four or a circle!

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## Points to make:

- Ask the participants how they got on, what was difficult? What was easy? What helped and hindered? Concentration is the key and a sense of rhythm will help.
- What other patterns do they know?
- Who can contribute a difficult pattern to teach the others?

