



Energiser

Boom chicka boom...

- Individual
- Pairs
- Small group
- Whole group

Uses: This is a fun musical activity for building the team and encouraging participation and concentration.

Resources: None.

Time: 5-10 minutes.

What to do:

1. Everyone stands or sits in a circle.

The tutor leads the following chant with the participants copying after each line.

Tutor

"Say boom chicka boom"

"Say boom chicka boom"

"Say boom chicka rock – a chicka"

"Say boom chicka rock – a chicka"

"Uh huh"

"Oh yeah!"

Participants

"Say boom chicka boom"

"Say boom chicka boom"

"Rock – a chicka – boom"

"Rock – a chicka – boom"

"Uh huh"

"Oh yeah!"

Next time quietly.....

(or loudly, or quickly or rapper style or in a French accent etc!)

2. It can be useful to set up a beat with your feet or clapping.
3. The tutor can then ask some of the participants to lead the chant.

Make it different:

- Make up your own call and response chant.
- Be as mad as you dare – maybe try opera style or in another language.

Points to make:

- Most people really enjoy this activity, but not everyone will be confident to lead or even join in. However you can emphasise the benefits of group music making.