

A crowd of people is shown clapping at a concert. The scene is illuminated with vibrant blue and purple stage lights. In the foreground, a person's hands are visible, wearing a black wristband and a watch. A small basket containing a brown candy bar wrapper with the word 'CHOCOLATE' is held in their hands. The background is filled with other people clapping, creating a sense of a large, energetic event.

CLAPPING
ONE
TWO

Three

JUGAR | LIFE

CLAPPING, ONE, TWO, THREE!

INSTRUCTIONS

You have found the best large group engagement starter that we have ever created. Yes, that's right, this game is the perfect way to start any session. You can play with as little as eight players right up to an audience of a thousand plus. The game starts with all participants standing in a circle. As the instructor, you will be the rhythm master, and everyone will keep the beat with you. When you say one, players will clap, then hit their knees and then clap again.

When you say two, players will clap twice, hit their knees twice and then clap twice.

When you say three, players will clap three times, hit their knees three times and then clap three times.

You will need to practise these a few times by saying the three different numbers and have the group try and get the beat with you.

Once the group has mastered the different numbers, you can start different sequences where they will complete two numbers one after the other. Then move to three numbers and finish with four numbers which is really hard. Here are the different sequences that we recommend you use with participants.

Two, One

Three, Two

One, Two, Three (This is why the game is named what it is)

Three, One, Two, One (We use this as the grand finisher)

