

Collective Clap (activity)

Our teachers: Adapted from a workshop on facilitation that Caroline Woolard attended at The Center for Neighborhood Leadership in 2015.³³

Time: 1–5 minutes

What it's good for: This activity is good for quickly attuning a group to one another and closing a gathering.

How it works: The facilitator asks everyone to stand or sit in a circle with their arms out in front of them, palms facing one another. The facilitator says: Imagine that we are one organism, with many arms. Try to sense all of our arms. At some point, we, as one organism, will clap all of our hands at once. One set of arms might begin the clap, but we don't know which one. (Be silent and still. Allow the group to notice each other's arms. Wait as long as is necessary for someone to begin the collective clap.) Thank you!

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