



# BRAIN BREAK ACTIVITY

## To Clap OR Not to Clap

**Energy** – Medium

**Equipment** – None

**Duration** – 2 minutes

Students stand in pairs facing one another

Simultaneously, Student A and B slap their own thighs and then independently make their own decision as they raise their hands to either show thumbs pointing left, up or right.

If Student A and B make the same decision, they again slap their thighs and follow with a clap!

If Student A and B make different decisions, they again slap their thighs, but they don't get to clap! Instead they simply make another decision as they raise their hands once more

**Source:** Institute of Positive Education

