

## **Zip, zap, boing!**

### **Purpose**

To raise energy levels, unwind/relax after a heavy session, have fun

### **Process:**

The group stands in a circle facing inwards. The facilitator should raise their right hand and close fingers to thumb saying “this is a zip” and explain that it will pass round the group to the right by making the action and saying the word “Zip”. Have a trial run and try to do this as fast as possible. After a couple of rounds the facilitator should demonstrate the same hand movement with the left hand saying “this is a zap” and it is passed to the left. Any participant who receives the “Zip” can change it’s direction by saying “Zap” and then it would continue to the left until someone who receives the “Zap” wants to reverse it again by saying “Zip!” Again have a few rounds like this keeping up the pace. When someone misses or falters they can restart the circle in whichever direction they choose.

When it is all running smoothly introduce the “BOING” which allows the participant to deflect the game by pointing to someone else in the circle, who then restarts with a “Zip” “Zap” or “Boing”

Stop before people start to get fed-up.

### **Resources**

None