

## Conference Energiser Program 100+ people (1 min)

**1.** Copy Claps - brilliant, non-verbal opener to any program or gathering

Props - none

Step-by-step instructions for each of these activities are provided below. To view video tutorials, practical leadership tips & popular variations, click the links above.

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## 1. Copy Claps (1 min)

- 1. In view of a few people around you, initiate one very confident, single clap.
- 2. In response to your non-verbal urgings, some of these people will clap once too.
- 3. Next, clap two times, and wait for even more members of your group to follow suit.
- 4. Continue to present a series of increasingly complex claps, eventually involving all of your group mimicking your actions.
- 5. End with a continuous series of claps that morph into applause.



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