



Yours, Your Neighbors

Keep the rhythm of the game going without making any mistakes

TIME

10 minutes



MATERIALS

None

TEAM STAGE

Any Stage

SUMMARY

This energizer activity requires all group members to learn and continue a fun beat. Try to be the last one to keep the beat going as the pace speeds up!

SET UP

- Have everyone sit criss-cross in a circle with their knees touching.
 - **Facilitator Note:** If there are any participants who are not able to comfortably sit on the ground, have all participants sit in chairs in a close circle.


INSTRUCTIONS


- Participants play by (lightly) tapping theirs and their neighbors' knees throughout the activity. Make sure that the group is comfortable enough with each other to do this before proceeding.
 - **Facilitator Note:** Pay close attention to the physical contact between participants and be prepared to interject or stop the activity if it becomes inappropriate.
- This activity follows a certain order in time to a beat. It is preferable to explain this activity by demonstrating the beat and steps.
- The order of steps is as follows:
 - a. Say "Yours" and tap your knees four times. To keep the beat, you can say "yours-two-three-four" as you tap.
 - b. Then, say "Your Neighbors" and tap your right knee and the left knee of your right-side neighbor four times. To keep the beat, you can say "your neighbors-two-three-four" as you tap.
 - c. Repeat step a.
 - d. Repeat step b but with your left knee and the right knee of your left-side neighbor.
 - **Facilitator Note:** The next steps can be tricky. Make sure participants understand steps a through d before proceeding.
 - e. The next part of the sequence: Say "Yours" while tapping your knees, "Your neighbors" while tapping your right knee and the left knee of your right-side neighbor, back to "Yours" while tapping your knees, and then "Clap" with one clap. The beat on the four count should sound like this: "Yours, Your Neighbors, Yours, Clap"
 - f. Repeat step e but with the opposite neighbor.
 - g. Repeat steps a-f to keep the game going.
 - **Facilitator Note:** Each of the above steps should take up a four-count in the beat.
- Once everyone gets the hang of the activity, speed up the tempo of the beat.
- After a few practice rounds, start an elimination round. Tell participants that if they make a mistake, they put their hands behind them to show that they are out. Play until there is only one participant left.




VARIATIONS

- To lead this activity without the elimination aspect, allow participants to re-join the beat even after they make a mistake. Continue going and see how fast the beat can get before the activity devolves into chaos!
- Try changing one or both of the "claps" into "snaps". For example, "*yours, your neighbors, yours, clap, yours, your neighbors, yours, snap*". The extra movement will make it more challenging!

 **Large Groups:** To facilitate this activity for a large group, consider having participants sit in two or more concentric circles. The inner and outer circles will do the same thing at the same time, but it will require less physical space. If space permits, having one large circle can be a fun option as well.

 **Online:** To facilitate this activity virtually, have all participants turn on their cameras and hold both of their hands up, palms open, in front of them. Teach participants the following beat and steps:

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- a. Say "Yours" and pat your hands towards the camera four times.
 - b. Then, say "Your Neighbors" and pat your left hand with an open palm and your right hand with a fist four times.
 - c. Repeat step a.
 - d. Repeat step b but with your right hand palm open and your left hand in a fist.
 - e. For the next part of the sequence: Say "Yours" while patting both your hands palm open, then "Your neighbors" while patting your left hand with an open palm and your right hand with a fist, back to "Yours" with both palms open, and then "Clap" with one clap. The beat on the four count should sound like this: "Yours, Your Neighbors, Yours, Clap".
 - f. Repeat step e but with the opposite hand in a fist.
 - g. Repeat steps a-f to keep the game going.

When a participant messes up the beat, have them turn off their camera and watch the squares directly to their right and left. If one of those squares goes dark, they may turn their camera on and rejoin the activity. The activity continues until the facilitator decides to stop the beat. (If the video conferencing platform allows it, participants may rearrange where their tile is on their screen before beginning the activity.) [\[click here for video\]](#)