**Pick-up-the-rhythm-and-pass-it-around**

**Participants:** 8-20

**Resources:** none (though a confident leader is needed!)

**What is it about?**

This is a game that is similar to a round in music. One person starts off (usually with a song, but in this case with a chant and action) and the next person picks it up after one line, using the initial action.

**How does it work?**

All participants stand in a circle. The leader starts the chant by saying the phrase ‘Pick up the rhythm and pass it around’ along with a repeated action (eg stamping feet). The person to the left of the leader joins in on the second repetition (and this is where the concentration comes in!) The joiner uses the initial action (in this case, stamping feet) and the leader, who is on their second round of ‘Pick up the rhythm and pass it around’ starts a new action. Eventually the person to the right of the leader will be doing the first action (stamping!) and now the leader can drop out. Each person in turn finishes the round they are on until it is finished.

**Variation(s):**

Reduce anxiety by having everyone start the chant together, then pick up the actions as above.