



1,2,3 . . . Clap, Jump, Meow

Summary - Break students into partners and then share that this is a quick counting game. One partner (A) starts by saying “1”, then partner (B) says “2” and then back to partner (A), who says “3.” Now partner (B) quickly restarts with 1, and then the sequence continues as fast as possible for 20 seconds. That is round 1.

Now instead of “1” whoever is supposed to say that number is quiet but “claps” instead. Then partner (B) says 2, then partner (A) says 3, and it starts again with partner (B) clapping, then 2, 3 and so on. Again continue for about 20-30 seconds.

For round 3, we continue to clap instead of 1, and now substitute a jump instead of saying 2. Encourage some big jumps, for sure!

For the final round we keep clapping instead of 1, and jump instead of 2 - and now substitute your best “Meow” for 3. Good luck trying not to laugh along with everyone!

Variations - you can create your own substitutions, there really are no limits on how crazy you might get with this one.

Resource Links

Video of this energizer with a large group: <https://www.youtube.com/watch?v=vRr8Ff-ujEU>

STEM Connections

Summary - This can be followed up with a great conversation about mistakes - how we all make them, and they are just a part of learning. We find this activity to be really useful to help new groups begin to become comfortable with each other.