

# Zip Zap Zop

Adolescents play a game using a pattern of words. They must say the right word when called on to stay in the game

 2/5

 1/5

 10 min

1

Ask participants to sit in a close circle.

2

## Explain

Participants will play a game. One adolescent will begin the pattern. The adolescent has to jump and clap while saying "ZIP", then point to somebody else in the circle. The person they point to has to jump and clap and point and say "ZAP". The person they point to does the same thing except says "ZOP".

3

## Explain

The pattern continues until either a person says the wrong word or messes up the rhythm (doesn't go or hesitates longer than a few seconds).

4

## Facilitator says

"You may "pass" back to the person who "passed to you".

5

Begin the game and play a practice round so participants understand the rules.

## Environment

Indoor or outdoor space.

## Supplies

None.