

Clapping, One, Two, Three!

Clap, hit your knees, clap again — master the beat and then make it harder.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Stand (or sit) in a circle with the leader in the middle who calls out a number.
- 2 For 'One': clap once, hit knees once, clap once. For 'Two': clap twice, hit knees twice, clap twice. For 'Three': clap three times, hit knees three times, clap three times.
- 3 Practise each number a few times until the whole group has the beat, then start combining numbers one after the other.
- 4 Work up to the recommended sequences — Two One / Three Two / One Two Three / Three One Two One — for the ultimate challenge.

Ways to play

Two versions for every occasion

Way 1 — Group Sequence Game

Best for 4+ players · Any indoor space, standing or seated in a circle

- Stand in a circle with one person as the rhythm master.
- Teach the group the three core sequences one number at a time, practising until everyone has it.
- Begin combining: call 'Two, One' — everyone performs both sequences back to back.
- Advance to 'Three, Two', then 'One, Two, Three', and finally 'Three, One, Two, One' as the grand finisher.
- If someone breaks the rhythm, they become the new rhythm master and choose the next sequence.

Way 2 — Family Challenge at Home

Best for 2-5 players · Kitchen or living room, anytime

- Sit together at the table — no special space needed.
- One person is the caller; everyone else follows along.
- Start with just 'One' until everyone is confident, then add 'Two'.
- Try to get all the way through 'Three, One, Two, One' without anyone making a mistake.
- Time yourselves — can you do the whole grand finisher in under 20 seconds?

TIP FOR PARENTS

Try this at home

Go slowly at first — it's far more fun when everyone actually succeeds. Rushing before the group is ready leads to frustration rather than laughter. Once the basic sequences click, the speed can ramp up naturally.

THE SCIENCE OF
PLAY

Why it works

Coordinated rhythmic movement synchronises the group's nervous systems, creating a shared sense of flow and belonging — researchers call this 'entrainment'. It also strengthens working memory and sequencing skills, making it both a social connector and a surprisingly powerful brain workout.

SCHOOL ' HOME

The connection

Your child spent time in school getting in sync with their classmates through rhythm and movement — bring the game home and notice how quickly the whole family finds a shared beat.