

Hoho Hahaha

Partner exercise

Description

The participants face each other in pairs and clap crosswise on the right ("Ho!"), crosswise on the left ("Ho!") and three times straight ("Ha! Ha! Ha!").

This is done three times with the same partner and then changed.

Material/wall

Free room, e.g. Yoga room

Therapeutical themes

Getting to know each other/group cohesion, concentration

Key questions

Close your eyes and feel the effect!

What do you notice physically/mentally? How do your hands feel? How is your breathing?

Where are your thoughts? How is your mood?

Variations

Different vowels (Hihi Hehehe, Huhu Hohoho,...) and/or different claps

Tips

Many people are embarrassed by the exercise. It is helpful if the therapists demonstrate the exercise with each other and have fun doing it.