

## Zippy Zippy

### Introduction

This fast-paced activity helps students anticipate changes, make quick adjustments, and even work as a team. In this game, students create a rhythm by patting their laps and clapping their hands, then must use their listening skills to expect the unexpected!

### Instructions

- One student is chosen to be "Zippy", while all other students are assigned a number, in order.
- Everyone pats their hands on their laps twice and then claps their hands twice to begin the beat – *pat pat clap clap*. This beat continues until the game has ended.
- "Zippy" will say "Zippy, Zippy" on the lap pats, and then repeat the number of another student (twice) on the claps – e.g. "*Zippy Zippy - Four Four.*"
- Whichever student is called by Zippy (number 4, in this example) then calls his/her number twice on the lap pats, and a new student's number on the claps – e.g. "*Four Four Seven Seven.*"
- Between these calls there must be no break in the beat – if someone messes up, the game starts over!
- To increase difficulty, make the beat faster as the team gets better!

### Discussion

- What were some challenges in this game?
- Did you (and others) adapt well to the fast-paced and changing circumstances?
- What were some strategies you/your teams used to keep the beat?
- When it was your turn, did you give visual hints as to what number you were about to call, or did you try to trick others into messing up? Does communication help you deal with change?
- Are you comfortable with change? Why/why not?
- Your pathway will take unexpected twists and turns. How can agility help you deal with those changes?

### Reflecting & Connecting

- Explain to students that this activity tests their ability to think quickly and adapt to changing circumstances, even if uncomfortable and chaotic, at times.
- Teamwork and agility are often found together – your teammates can help you anticipate change and deal with it more effectively.
- When opportunities arise (in this game, your number coming up) you have to be ready to seize them!