

Counting one, two, three

 5-10 minutes  Any size

 Distanced

 Inclusive mobility

This is a quick and easy team building activity involving counting from one to three. It sounds simple but requires lots of concentration.

- Ask your students to stand in pairs. If you have an odd number in your group, you could also include a group of three.
- Within the pairs, the students need to count from one to three, each saying a number alternatively, and repeating this until they find a rhythm.
- Replace 'One' with an action or noise like clicking their fingers or stamping their feet. For example, click, 'Two', 'Three', click, 'Two', 'Three' etc.
- Once students are used to this, replace two and then eventually three, with an action or noise.
- Variation: if you would like to play this as a whole class, ask your group to stand in a circle and challenge them by counting to ten, eventually replacing every number with an action or noise. Once they are used to this, you could raise the stakes by explaining that if anyone gets the action or sequence wrong, they're out!

