

BODY RAP

Use the power of teamwork to transform a flat pack into one of the wonders of the ancient world!

How it works

Short, sharp, funny and funky gloved group rhythm for invigorating and energising a conference. Participants are introduced to the activity and embark on a series of body sound exercises guided by a charismatic conductor.

Once practised and warmed up, they put on their colourful gloves. The conductor leads them into stomping, body slapping and vocalising in unison creating a colourful and absolutely hilarious musical spectacular. This aural and visual fiesta will have everyone smiling and laughing.

Learning outcomes

Quick, quirky, and incredibly effective, Body Rap is an off-the-wall musical conference pick-me-up guaranteed to liven up the most challenging audience. It will inject life and vigour into your meeting, ensuring participants are ready once again to focus on conference messages.

Body Rap uses the power of humour, rhythm and shared experience to energise and unify teams with positive memorable results.



Key business benefits

- ✦ Key business benefits
- ✦ Breaks the ice
- ✦ Unifies the group
- ✦ High energy
- ✦ Shared experience
- ✦ Focuses the mind



10 - unlimited



Indoors/
Outdoors



15 minutes



Collaborative

