

# Hand Catching

*This exercise is designed to get rid of any nervous energy – children tend to forget themselves in it.*

*It is a fun way to start an EAL session and it is perfect for beginners, as it requires very few instructions.*

## **Instructions:**

- 1) Divide into pairs, facing each other
- 2) The first person holds their hands out wide; the second person tries to pass the hand without getting caught.
- 3) When they get caught, the roles are reversed.