



## Ha

**Equipment:** None

### **Play:**

This exercise asks the participants to pass the word 'ha' around a circle. This activity is generally more effective and is best suited for a group of 20 or less participants.

Ask the participants to form a circle.

When they are ready, explain that the object of this activity is for the participants, without laughing, to pass the word "ha" around the circle.

Designate one participant to start. That participant begins by saying "ha". The person sitting to his or her right must repeat the "ha" and then say another "ha." The third person must say ha ha and then given an additional "ha." In this manner the "ha" continues around the circle. It ends when all of the participants, trying not to laugh (a virtual impossibility), have repeated the "ha's" that preceded them and then added their own "ha." Time to see how long they last.

Variation – Exclude individual each time they laugh – will be left with one participant.