



## Body Percussion Musical Team Events

**Team Focus:** Energiser  
Quick pick me up

**Numbers:** 10 – 500 participants

**Location:** Indoors or outdoors

**Times:** 15 mins to 1 hour

### The Objectives:

- To warm up a team and breakdown inhibitions
- To provide a light-hearted opportunity for individuals to vent
- To energise team meetings

*“A fast furious and fabulously fun energiser...perfect for a quick pick-you-up.”*

### Overview:

Body percussion is guaranteed to get delegates on their feet stomping, clapping and using all manner of body percussion.

### How it works:

Each delegate will receive a bright coloured pair of rubber gloves, the different coloured gloves relate to the different rhythms clapped, tapped and slapped, in this great motivator.

We build section upon section of simple yet effective rhythms and movements resulting in an amazing finale where the whole group come together to create one big rhythm

### Results:

Throughout the activity the group's energy levels will intensify until the big performance at the end. Leaving everyone on a high, smiles on their faces and ready for a great event ahead.

We can incorporate your conference themes and provide a unique platform for reinforcing company messages.

- Surprise ice breakers
- Breakout activities
- Unbelievable finales

### Programme Includes:

- Event Manager
- Experienced musicians
- Pre event planning
- All equipment
- £5 million public liability
- Transport & Mileage

*“My thighs are slapped, my feet have stamped, then there was a clap in there somewhere too! It was fantastic fun and it sounded really good. Great idea and it was a perfect energiser for us, thank you.”*

**0800 999 41 31**

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