

## IMPULSE

Number of players: **5+**  
Age of players: **7+**  
Duration: **up to 15 minutes**

### Materials Needed:

None

### Space:

A space where all participants can sit in a circle.

### Gameplay:

1. Ask the group to form a circle. Participants should sit closely together and place their hands on the floor in front of them.
2. Each participant should place their right hand under the left hand of the person to their right.
3. The group's task is to pass an impulse around the circle by tapping their hands on the floor in a specific sequence.
4. The impulse should be passed continuously and smoothly.
5. When the designated person releases the impulse, it should return to them after traveling around the entire circle.
6. Only one impulse should exist at any given moment.

If the group desires, you can attempt a more challenging variation where two impulses are released simultaneously from different starting points and must be passed around without merging into one.