



Full body drumming

For this game, you need access to music and at least one person.

Pick a song with a strong or recognizable beat (ex; We will rock you by queen)

Put on the song and listen to the beat, then come up with a combination of stomping and clapping that matches the beat.

Put on the song and have your family stomp and clap along to the song. Try to get really into it and make it silly and fun.