

The interactive nature of these exercises, including the innovative "Yes AND" approach, serves to catalyze intellectual and emotional growth, equipping scholars with the tools to articulate and build upon ideas collectively. This not only solidifies the retention of content but also nurtures a culture of respect, listening, and affirmation. Scholars are encouraged to explore, embody, and express their understanding of complex topics in a dynamic environment, facilitating a deeper, multifaceted learning experience.

**Double Clap:**

Clap twice to regain attention. Three times in a row for optimal focus.

**Yes AND:**

Begin statements with "Yes AND" to build on ideas collectively.

**Picture Show:**

Students stand still; a description of a scene is given. On "click," they embody the image. Incorporate "Yes AND" for elaboration and explanation. Get creative here, and one option is having frozen scholars unfreeze to explain who they are, what they are doing, and why it matters to the content being discussed. Using a Yes AND approach in this is always a great idea!

**Pop Up:**

In a discussion, students spring to their feet and freeze in poses reflecting the topic at "pop up." Apply "Yes AND" for enhanced engagement.

**Environment Freeze:**

Students move; at two claps, the first to freeze in neutral and eyes on educators initiates the next topic. Incorporate "Yes AND."

**Complement Circle:**

Students appreciate themselves and then a peer, indicating completion nonverbally, like crossing arms.

Example: One thing I like about myself is my confidence, one thing I like about "Mary" is her focus. Gentle reminder it is okay to start off with tangible things and then move from there.