**Samples of bans for animation inspired by Scouts’ bans**

**Ban to warm the participants:**

Ask participants to warm by rubbing their hands. At the signal, they strike hands at the same time. This could be done once or twice depending on participant’s choice.

**Fishing’s Ban**

The hand of the leader is a fish. Whenever the fish is out of the water (another arm folded forming a "Lake"), all strike hands. More and more quickly...

**Boxer’s Ban**

The boxer is at the center and to every punch he gives, all strike hands... faster and faster to finish with applause.