Bag Beat

Become a live orchestra using nothing more than every day shopping bags and bin liners!

This musical energiser will have your whole team working as one. Using shopping, garden and black bags you will quickly learn how to create a spellbinding sound that will put your event on a high!

How it Works

Each participant will be issued with their own bag which they inflate to create an instrument. Black bags create the pulse, carrier bags become the reggae line created by the flick of a wrist, and finally the last row of black bags creates a contrasting bass rhythm. With each section playing in turn, you will feel the energy levels rise and rise in this hilarious and captivating team building experience.

The End Results

- Gets your team working as one
- Creates a sense of group achievement
- Creates a talking point
- Energises the group

What's Included

- ✔ Variety of bags
- ✔ Rhythm experts
- ✔ Can take place in a conference or meeting room
- ✔ Fantastic as an energiser or ice-breaker
- ✔ Perfect to tie in with a business session

Sample Programme

14:00	Welcome and briefing
14:05	Rhythm workshop
14:25	Rhythm workshop ends
14:30	Finale
14:35	Event ends

Down to Detail

Group:	20 +
Time:	15 - 25 mins
Place:	Worldwide
Venue:	Indoor
How Green?	High
How Inclusive?	High

Thank you so much for this fantastic group activity that got everyone laughing from the start. Whoever thought banging multi-coloured tubes together could be so entertaining?! Everyone in the office is still talking about it!

NYS Group, York

0131 333 0066 events@maximillion.co.uk www.maximillion.co.uk

Maximillion event creators