#WhattheEFSummer

Sing-along Hand Games

Children choose a game from a variety of sing-along hand game options.

Executive Function Focus:

- Working memory – remember clapping patterns and song words
- Cognitive Flexibility – switch from one pattern to another

Material's List:

NONE!

Social Emotional Skills:

- Acts respectfully and kindly toward others
- Effectively enters and engages in a variety of social situations
- Gives compliments to others

Before you Start/Set Up:

Make sure you have an even number of kids if playing a partner clapping game. If not, be sure to pick one that can include three or more children together.

How to Play:

To begin, have children sit across from a clapping partner. Choose a simple handclapping rhyme.

Demonstrate a simple clapping pattern with a volunteer: begin by clapping your hands together at the same time, then reach out with your right hand to clap your partner's right hand. Next, clap your hands again. Now reach out with your left hand and clap your partner's left hand. Repeat. Clap on each beat of the rhyme.

As children get better, add more sophisticated patterns and use more complex songs.

Variations:

- Add games that require more sophisticated hand clapping.
- Have older children make up their own rhyme and clapping pattern and share it with others.
- Have children create an instructional video of how to play each game.
- Have children try to play the hand game while hopping rope. (This may take up to four players.)
- Have children play the game slowly at first and gradually increase the speed.
- Try clapping with a partner blindfolded.

Additional Resources:

- 15 Awesome Hand Clapping Games (included demo videos and lyrics)

Reflective Questions:

"How did you remember the words to the song?"
"What was hard about clapping AND singing?"