



Clap Your Hands

By Katherine Mead,
Steck-Vaughn Company, 1999.

Book Title: Clap Your Hands

Purpose: To encourage children to be physically active in response to the story. Be able to recognize and adapt physical movement activities to the space that is available.

Suggested space:

- Circle Time
- Outdoor space
- Large space
- Small space

Required equipment: picture symbols, CD, CD player

Activity:

Read the story to children. Have children stand up and read the story to them again. Have group actively participate by doing the movements as the story is told. Add in movement as follows:

Snap your fingers - snap at ground level, snap at waist level, snap up in the air

Clap your hands - clap while hopping on two feet, clap while hopping on one foot, clap while hopping on the other foot

Pat your knees - pat on two feet, pat standing on one foot, pat while standing on other foot
Stomp your feet - stomp feet and walk, stomp feet and walk slow, stomp feet and walk fast

Twist your hips- with your hands on your hips, with your hands in the air, have children choose where hands should be

Raise your arms- wave them and walk in a circle, wave them and walk the other way in the circle, wave them and walk into the circle together

Dance - ensure the CD is being played at this time

Put on CD and go through book again posting picture symbols as prompts for actions.

Closing Activity:

End the group time by singing “Clap your hands” slowly and tapping feet from one side to the other.

Clap, clap, clap your hands
Clap, clap, clap your hands
Clap, clap, clap your hands
Clap your hands today.



Active Minds Active Bodies

