

If children are restless or bored...

Clap Rhythms (See 'Don't clap this one back')

Sometimes I'm Tall, and Sometimes I'm Small

Sometimes I'm tall, very, very tall (stand on tiptoe)

Sometimes I'm small, very, very small (stoop all the way down)

Sometimes I'm tall, sometimes small.

What am I now? (children say if they are small or tall and do that action).

I Shake My Hands

I shake my hands

I roll my hands

I give my hands a clap

I raise my hands

Then bring them down

And fold them in my lap.

If you're happy and you know it

If you're happy and you know it, clap your hands

If you're happy and you know it, clap your hands

If you're happy and you know it

Then you really ought to show it

If you're happy and you know it, clap your hands.

But...

(sing softly)

If you're reverent and you know it, shh be still

If you're reverent and you know it, shh be still

If you're reverent and you know it

Then you really ought to show it

If you're reverent and you know it, shh be still.

One Two Three

(spoken)

One, two, three

Eyes to me.