

Clapping Games



Whole Brain Workouts for Lively Children
by Jenny Mosley & Helen Sonnet
pictures by Mark Cripps



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Helen Sonnet



How to use this book

It is probably best to start out with one of the more simple clapping actions such as 'Clap out, clap in' or 'England, Ireland, Scotland, Wales'. Read the rhyme through and share the picture with the children. Let them enjoy the humour and detail of the illustration. When you are ready to start, teacher and children should form a circle. Ask them to say the rhyme with you twice through and then start to add the actions line by line until they are familiar and comfortable with them.

Abbreviations

- C** - clap hands together
- ST** - slap thighs
- H-H** - clap both hands with your partner's hands
- S-S** - clap both hands with people standing either side of you in the circle (right hand with person on your right and left hand with person on your left)

Other instructions and abbreviations are given rhyme by rhyme. Once the children have mastered a few of the simple action rhymes they will quickly gain expertise in learning and following actions for the more complex ones.

The instructions throughout this book are given as guidelines only. You may change the rhythm of the clapping or simplify the actions to suit.

How to use the CD

The CD contains examples of all the clapping games with rhymes and clapping rhythms. It is suggested that the teacher plays this through a few times to become familiar with each game. The CD can be played as an accompaniment to the games as the children learn each rhyme.

Track Listing

- | | |
|--------------------------------------|----------------------------|
| 1. Clap Out, Clap In | 11. Cinderella |
| 2. Aye Diddle Aye | 12. Three, Six, Nine |
| 3. Lazy Laura | 13. Miss Mary Mack |
| 4. In And Out The Dusty Bluebells | 14. Who Stole The Cookies? |
| 5. Itsy Bitsy Thumbelina | 15. Dancing Girl |
| 6. Fee, Fi, Fo, Fum | 16. I'm Happy |
| 7. At The Bottom Of The Sea | 17. When Molly Was A Baby |
| 8. England, Ireland, Scotland, Wales | 18. When I Was One |
| 9. Knees Bend | 19. My Mummy Is A Baker |
| 10. On Noah's Ark | 20. Our Birthdays |



Clapping Games



Learning is not a passive activity. It requires the vigorous, interested participation of the learner. It involves mindful thought and action. Research has shown that activating the whole brain heightens cognitive function. The cerebrum is the site of most conscious and intelligent activities in the brain. In humans, the cerebrum is larger in relation to total body weight than any other animal. It is the last brain area to develop.

The cerebrum is divided into two cerebral hemispheres, the left and the right. These are quite separate and have distinct functions but are linked by a bundle of nerve fibres called the corpus callosum. The left cerebral hemisphere is primarily concerned with analytical and rational thought, the use of language and linear patterns. It is time sensitive and precise. It is also the storehouse of learned skills. It programmes most movements, and directs the right hemisphere to control the left limbs whilst also controlling the ones on the right side. The right side works slightly differently. Rather than deconstructing information, it likes to process it in a holistic manner and is occupied by sensory perception and abstract cognition. When we engage in visual, spatial and musical activities we are utilizing our right cerebral hemisphere. (Carter, 1998)

The more we are able to access and stimulate both cerebral hemispheres simultaneously we are able to increase the efficiency of the brain and raise intelligence.

The clapping games featured in this book require children to use both hemispheres at the same time because they combine the rhythmic, sensual activity of the right side whilst involving each child in learning and storing a programmed sequence of physical movements that stimulate the left side. They also teach the vital skill of focused concentration. Whilst clapping these verses, children are learning to integrate body movement, language, thought and emotion. Moreover, they are having fun which itself creates energy and goodwill.

Clapping games also assist children in the acquisition of essential reading and spelling skills. It is easier to decode or spell a word when it is broken down into short units of sound and studied syllable by syllable. Syllabification helps children to become aware of the sounds of the language and enables them to concentrate on one part of a word at a time and notice its structure. Clapping rhymes teach this syllable segmentation skill very effectively and also promote clear articulation. As they clap each syllable, children are learning the dual skills of clear articulation and syllabification and this activity can do much to support writing because it prevents the contractions of polysyllabic words that are frequent in poor spelling. (Hilton, 1997)

Clapping has been a largely neglected source of enjoyment and stimulation for children. It can be used to begin the day on a positive note, as a 'wake up' activity when the children have become sleepy and need to be refocused, to restore good humour and harmony when they have become quarrelsome or as a playground activity. This book contains both traditional verses and up-to-date, topical new additions. Children will quickly learn the words and accompanying actions and will soon have their favourites that they ask for again and again. They may also add to their repertoire with verses learned from parents and grandparents.

So have fun with your group, as you clap your way through this book!

Carter, R, *Mapping the Mind*, (1998) Weidenfield & Nicholson, London
Hilton, C, and Hyder, M, *Getting to Grips with Spelling*, (1997) Letts, London

Clap Out, Clap In

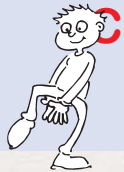
Clap out, clap in *(repeat)*

C
clap with arms
stretched out in front

C
clap with arms
close to the body

Clap under, clap over, clap under, clap over

C
clap UNDER right leg



C
clap OVER right leg



C
clap UNDER left leg

C
clap OVER left leg

Clap above here, clap above there *(repeat)*

C
hands above head,
clap to right side

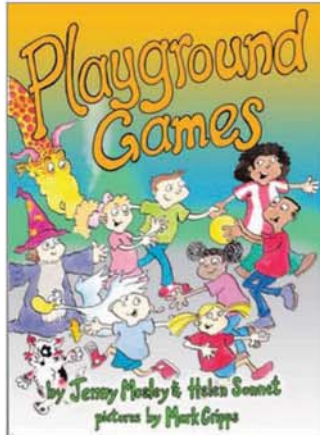
C
hands above head,
clap to left side

And clap, clap, clap, around.

C C C
and turn around on the spot



Other titles in the Learning Through Action series

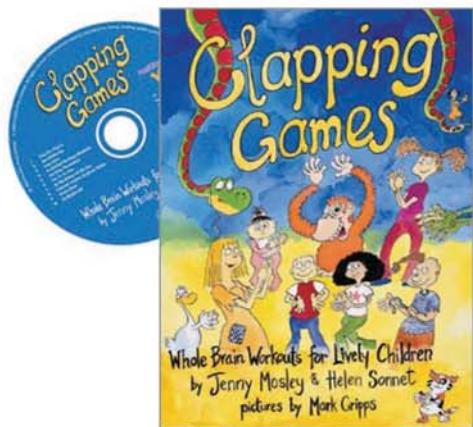


PLAYGROUND GAMES

By Jenny Mosley, Helen Sonnet and illustrated by Mark Cripps

Lots of children now have no experience of traditional playground games and are missing out on a rich store of imaginative activities. This selection will teach children teamwork, adherence to rules, leader and follower skills and, most importantly, how to have a good time as a collaborative group. Teachers and midday supervisors will love this collection as well!

Playground Games A3 32pp full colour paperback

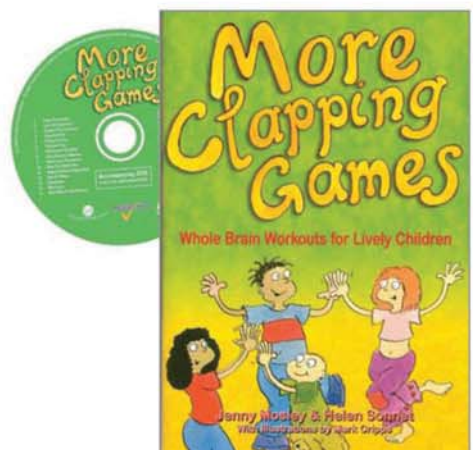


CLAPPING GAMES

By Jenny Mosley, Helen Sonnet and illustrated by Mark Cripps

This first collection of clapping games includes old favourites and brand new rhymes. With colourful illustrations and beautiful details, the games in this large format, full-colour book develop listening skills, head and hand coordination, memory, and language skills in a fun and entertaining format. Includes CD.

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MORE CLAPPING GAMES

By Jenny Mosley, Helen Sonnet and illustrated by Mark Cripps

Building on the success of the first book, this new book expands the repertoire by 30 new clapping games which will appeal to older as well as younger children. Includes a DVD, demonstrating the games as performed by KS1 and KS2 children.

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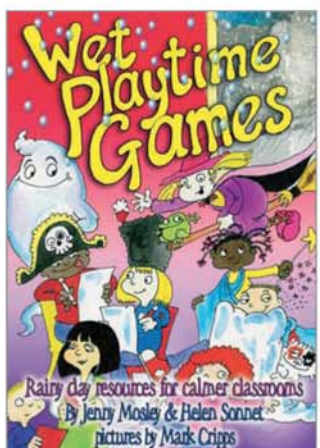


SINGING GAMES

By Jenny Mosley, Helen Sonnet and illustrated by Mark Cripps

A really special mix of traditional and new songs, much loved by children and teachers. It includes a classy CD with music and words in a full colour book - it will get you all going.

Singing Games A3 32pp full colour paperback + CD



WET PLAYTIME GAMES

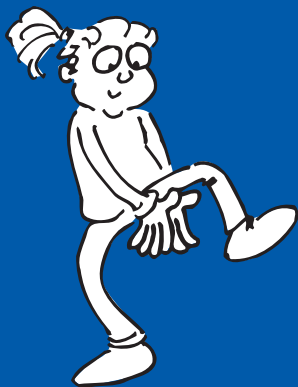
By Jenny Mosley, Helen Sonnet and illustrated by Mark Cripps

A bright and imaginative collection of activities to keep frustrated pupils enjoyably and constructively occupied during dreaded wet playtime.

Wet Playtime Games A3 32pp full colour paperback

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Clapping Games



Clapping games have been around forever: we see children in playgrounds today performing the same chants and routines that we enjoyed ourselves. Not only are they fun, clapping games also utilise body movement that involves the left and right sides of the brain. Recent research has shown that activating the whole brain heightens cognitive function. These games truly will help children become more alert, able to concentrate and ready to learn.

This collection by Jenny Mosley and Helen Sonnet includes old favourites together with brand new games. The charming illustrations by Mark Cripps will enchant any child with their bright colours and humorous details. 'Clapping Games' will enable teachers to experience the benefits in a whole class situation whilst stimulating children to want to take them out to the playground.



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