

BABY ONE



This is an action game. On the rest after the word 'one' the children clap once. On the rests after the word 'two', the children clap twice. The other actions involve tapping the relevant body parts. One sequence is as follows:

HEAD and SHOULDERS

SHOULDERS, ELBOWS

ELBOWS, HIPS

HIPS and KNEES

KNEES and TOES

(TOES and FLOOR optional)

The final sequence involves all the body parts used so far. E.g:

HEAD and SHOULDERS, SHOULDERS ELBOWS, ELBOWS HIPS and HIPS and KNEES and KNEES and TOES and BABY ONE!

On the final 'BABY ONE' it's good to ask the children to make a final pose. E.g. standing absolutely still and straight with arms folded, smiling, or with arms high in the air.

This game takes a high level of concentration and coordination. When the children finally know it well it can give a great feeling of achievement!