



just 10 minutes

Song Card Notebook

www.justtenminutes.org

Clap Your Hands



Learner Goals

I can follow the motor directions of a simple song.

LYRICS

1. **Clap, clap, clap your hands. Clap your hands together.**
Clap, clap, clap your hands. Clap your hands together.
Fa la la la la la la . . .
2. **Stomp, stomp, stomp your feet . . . Fa la la la la la la . . .**
3. **Move, move, move your head . . . Fa la la la la la la . . .**
4. **Dance, dance, dance with me . . . Fa la la la la la la . . .**
5. **Clap, clap, clap your hands . . .**

ACTIVITY

This traditional song was collected by Ruth Crawford Seeger, the stepmother of the legendary Pete Seeger. She arranged the song as an action game where children can make up different movements, such as “stomp your feet” or “move your head.” You are welcome and encouraged to change the actions of this song to make your family’s own version. Encourage your child to be a “composer” and make new lyrics. As you sing and move, your child is learning an important kindergarten readiness skill: listening comprehension!

Our music videos provide an opportunity for YOU to learn a new song so that you can sing it face-to-face with your child. Your child likes your voice best, so share your voice as you enjoy this song together.



Character Song Card

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Our character song cards are a fun and beneficial way to bring music and connection into your family's routine. They empower your child to choose songs for you to sing together, making music a collaborative and joyful experience.



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Making Your Cards Last:

To get started, simply print the cards, trim them, and cover them with packing tape to make them durable for little hands. Storing them in a small bag makes it easy to bring your "Bag of Songs" along in the car, your purse, or a diaper bag.

How They Benefit Your Child:

Boosts Early Literacy:

As your child chooses a card, they begin to connect a picture with a specific song. This is a foundational step in understanding that pictures have meaning, which is a crucial early literacy skill.

Fosters Predictability & Security:

This simple, shared routine of choosing and singing songs offers your child the predictability, structure, and connection they crave. These experiences help to soothe and regulate their feelings, making them feel safe and understood.

Provides a Great Diversion:

Your "Bag of Songs" is a perfect, on-the-go tool to help with tricky moments like car rides or waiting at the doctor's office.





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More Magic Awaits!

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Watch the Videos

 [justtenminutes.org/category/music-mondays](https://www.justtenminutes.org/category/music-mondays)

Download Song Cards

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