

and then at a given time drops the right hand and brings up the left hand so that they cross. The group follows his clapping and the leader can get them to clap out of tempo and then just when they are expecting to clap, the leader does not cross his hands and the group continues to clap. This usually brings laughs and real attempts to become skillful at following the leader. A variation is for the leader to clap out the rhythm of a song and have the group guess it.

Coordination

Everyone repeats the following verse and does the indicated action. Hand on your hips, on your knees. Put them behind you if you please. Touch your shoulders, touch your nose, touch your ears, touch your toes. Raise your hands high in the air, at your sides, on your hair. Raise your hands high as before and then clap, one, two, three, four.

My hands upon my head I place, on my shoulders, on my face, then I raise them up on high and make my fingers quickly fly. Then I put them in front of me and gently clap them, one, two, three.

This can be repeated and speeded up as the group learns it.

Weather Forecast

As the leader tells a story or calls out weather terms, the members standing respond with the action described. South wind, face the south and wave arms gently up and down. East wind face the east and wave sideways with arms out to the side. North wind, face north and clasp arms in front and shiver. West wind, face west and wave the arms in a circle. Cyclone, whirl the body around and wave arms vigorously.

Sense of Direction

All Ages

The leader starts telling a story and informs his group that whenever he mentions any place or any direction in the story, the group must face that direction. This can be cities in the area, it can be a room in the house, or it can be a direction such as northwest. Anyone making a mistake will sit down. The success of this game, of course, depends upon the resourcefulness of the leader in telling a story.

All Clap Hands Together

All Ages

No equipment

To the tune of "Here We Go Round the Mulberry Bush" the following is sung:

My head, my shoulders, my knees,
my toes

My head, my shoulders, my knees,
my toes

My head, my shoulders, my knees,
my toes

We all clap hands together

As the group sings the song, they place the hands on the head, shoulders, knees, and toes in order. Repeated a second time through the leader can change the order singing head, toes, knees and shoulders, knees and shoulders.

Tavern in the Town

All Ages

To the tune of "Tavern in the Town" the following lines are sung as everyone places his hands on the part of the body mentioned:

Head, shoulders, knees & toes (knees & toes)

Head, shoulders, knees & toes (knees & toes)

Oh, it's eyes and ears and nose and mouth

Head, shoulders, knees & toes (knees & toes)

The order may be changed as desired, i.e., knees, shoulder, toes and head (toes and head), etc.