

Hand Jive

Time for our hands to dance with the “Hand Jive.”

We’ll do everything four times.

Slap your thighs four times.

Clap your hands four times.

Shuffle with the right hand on top four times.

Shuffle with the left hand on top four times.

Thump with your right hand on top four times.

Thump with your left hand on top four times.

Hitch hike right thumb four beats.

Hitch hike left thumb four beats.

Reach up and grab a star.

Put it in your hand.

Clap it.

Blow it and share it.

Now, let’s try some other hand dance:

Do the swim (Forwards and backwards.)

Funky Monkey (Fists go up and down.)

Disco (Point finger up and then down across your body.)

Cabbage patch (Fists together and then circle around.)

Genie (Elbows up and cross forearms. Lift forearms up, down, out, down.)

Twist (Twist upper body left and right.)

Activities: Use other popular music to do the hand jive.

Let children take turns leading the class in hand dances.

Reinforce math patterns with hand movements. Challenge children to do an AB pattern, AAB, BBA, ABC, AABBCC, and so forth.