



## Clap and Wait, Version 2

### Preparation

Have students sit.

### Rules

- **Rule 1 is, watch and count the number of claps and waits I do. Use your self-talk to keep track out loud quietly or in your head.**
- **Rule 2 is, wait until I say, “Ready, set, go.”**
- **Rule 3 is, do the pattern in reverse order (backward).**

### Steps

1. Do a simple clap-and-wait sequence, such as clap, clap, wait, wait. Softly say the word “wait” aloud at first. Students watch and track the pattern using self-talk.
2. Repeat the sequence. Give students think-time to determine the reverse order.
3. Say: **Ready, set, go.** Students do the pattern in reverse order.

### Tip

Start with simple patterns. For example:

Clap, clap, wait, wait

Wait, wait, clap, clap

Clap, clap, wait, clap, clap, wait

### Increasing the Challenge

*Attention (A), Working Memory (WM), and Inhibitory Control (IC)*

- Increase the number of claps and waits. (A, WM)
- Add in taps (tapping heads). (A, WM)
- Increase the wait-time before saying “Ready, set, go.” (IC)
- Mix in slow and fast beats to make the rhythm more complex. Ask students to pay attention to number and rhythm. (A, WM)