

Sit On The Mat And Clap

Action/Mat Song



Sit on the mat and clap
Sit on the mat and clap
Sit on the mat and clap
Clap your hands

Sit on the mat and slapSlap your knees

Sit on the mat and tapTap your shoulders

Sit on the mat and patPat your head

Sit on the mat and clapClap your hands

Teaching Notes: This is such an easy song to sing. Encourage all ages to try it.

Musical Skills:

Beat – clapping etc to the beat

Melody – singing simple melody lines

Dynamics – responding to the change in volume (at verse 4)

Other Skills:

Language – developing vocabulary: parts of the body and rhyming.

Motor Skills – clapping, slapping etc

Extension Ideas:

Encourage everyone to make up new verses. Try it with standing actions such as “let’s stand up and jump...jump really high”. Pick a theme such as food and make up a song.... ” What do we like to eat.....yellow bananas”.

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