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.

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)