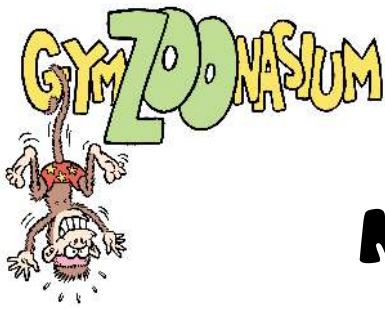




MONKEY BEATS

PURPOSE

- This is a fun movement that helps us regulate our emotions

INSTRUCTIONS

Tap Tap Clap:

1. Stand or sit with your feet apart
2. Gently tap your knees twice then clap your hands together
3. Keep in time with the beat

Knee Taps:

1. Tap your left hand on your left knee, then your right hand on your right knee.
2. Try speed up your knee taps and then slow down.

Pat on the Back:

1. Stand or sit up tall
2. Cross one hand over to the opposite shoulder
3. Give yourself a pat on the back
4. Repeat with the other hand on the other shoulder

WATCH FOR

- Shoulders relaxed throughout
- Tapping in time with the beat

MAKE IT MULTI-SENSORY

- Speed up your taps, then slow them down. Notice what happens to the energy in your body.
- Listen to your favourite song, can you keep in time with the beat?

