



Cooperative Songs and Activities



*Cooperative activities with children are extremely important to help children learn self-regulation skills: which include anger management and attentional skills. Children learn to wait, take turns and cooperate.

An adult can play with one child or a group of children.

- **Follow the Leader Song** – sing “everybody do this, do this, do this, everybody do this just like me” with various clapping patterns for the children to copy.
- **Hurray Song**– “hurray for (child’s name), hurray for (child’s name), someone in the crowd is singing hurray for (child’s name). 1-2-3-4, who are we for? (Child’s name)).
- **Simon Says**– regular version without tricking children (clap hands, touch nose) or state actions preceded by statements about what children like or attributes they have (e.g., those who like pizza touch their nose, those with brown eyes jump up and down, etc.
- **Ring Around a Rocket Ship**- (to the tune of Ring around the Rosie) Everyone forms a circle holding hands. Song goes: “**Ring around a Rocket Ship, flying round and round (walk in a circle), zoom zoom, zoom zoom, we all go down (everyone sits on the floor). Ring around a rocket ship, zooming to the sky, (everyone stands back up and holds hands again), up, up, up, up, to the stars we fly.**” (Walk around in a circle once holding hands to finish).
- **Row Your Boat**– everyone joins hands in a circle and rows as a group, slowly, then quickly.

- **One Potato**— circle game where a bean bag is passed around to the chant of “one potato, two potato three potato four, five potato six potato seven potato more...” When the chant gets to “more”, the child holding the bean bag gets a fist pump or high five from the child on each side of him/her
- **Call out a Name and Exchange Places** - Each child has a chance to call a peer’s name and they exchange places. Each child’s name can only be called once. (Can also be played as **Call out a Name and Throw a ball to a peer**)

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