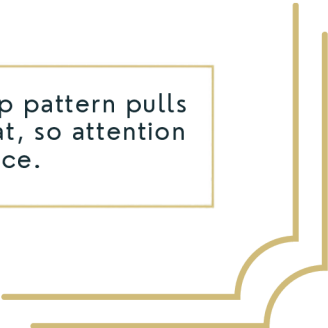


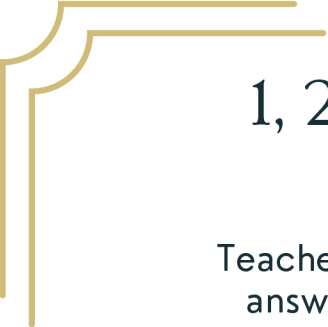


Clap Back

Teacher claps twice. Everyone claps back three times, then shows a still, ready body.



Here's why: copying a quick clap pattern pulls every brain onto one shared beat, so attention lands in the same place.



1, 2, 3, Eyes on Me

Teacher: "1, 2, 3, eyes on me!" Kids
answer: "1, 2, eyes on you!" and
look up.



Here's why: a familiar call and answer gives
the brain an easy job, snapping focus to the
teacher.



Hands on Top

Teacher: "Hands on top!" Kids:
"Everybody stop!" and rest both
hands on their head, voices quiet.



Here's why: giving hands one spot to land
helps busy bodies pause so ears can listen.



Macaroni Cheese

Teacher: "Macaroni cheese!" Kids:
"Everybody freeze!" and hold still
like a statue.



Here's why: a silly rhyme plus a freeze gives
wiggly bodies a fun reason to stop and tune
in.



Ready to Rock

Teacher: "Are you ready to rock?"
Kids: "Ready to roll!" and turn to
look at the teacher.

Here's why: an upbeat cue lifts the energy and
points every set of eyes the same way.





Peanut Butter

Teacher: "Peanut butter..." Kids:
"Jelly!" then settle into quiet, still
bodies.



Here's why: finishing a well-known pair is
quick and joyful, so attention comes right
back.



Give Me Five

Teacher raises a hand: "Give me five." Kids raise a hand and get ready: eyes watching, ears listening, mouth quiet, hands still, body calm.

Here's why: five clear body signals turn "settle down" into something a child can actually do.

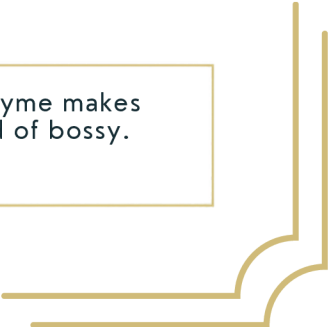




Hocus Pocus

Teacher: "Hocus pocus!" Kids:
"Everybody focus!" and look up,
ready to listen.

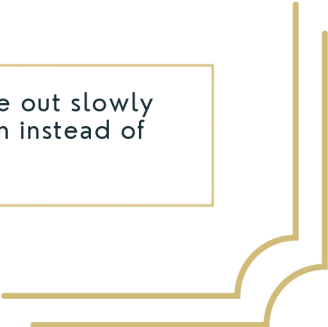
Here's why: a magic-word rhyme makes
focusing feel playful instead of bossy.





Waterfall

Teacher: "Waterfall, waterfall..."
Kids: "Shhhhh" and let their voices
fade down to quiet.



Here's why: letting sound fade out slowly
helps a loud room wind down instead of
stopping cold.



Class, Class

Teacher: "Class, class!" Kids match the same tone: "Yes, yes!" and turn to look.



Here's why: copying the teacher's voice and rhythm re-aims the whole group's attention in a second.