



## Singing Songs

Have children sit in a circle and sing a familiar song. As children sing, walk around the circle or line and tap each child on the shoulder. Encourage children to keep singing even when you tap them. The last child tapped chooses a movement for the class to do. Challenging children to continue singing, while adding new actions, will increase their cognitive flexibility.

Increase challenge by having children pass a ball while singing, instead of having their shoulders tapped.

**More Support:** Sing songs to children and as you sing engage the child in an activity, such as rolling a ball back and forth.

### Narrate and Label

#### Cognitive Flexibility

“It can be hard to sing the words of the song *and* keep track of the ball going around the circle. You were thinking hard about both!”