

DOUBLE, DOUBLE

Children love this game because they are able to input their own ideas by changing the words. This is also a great clapping game for pulse work.

Dou-ble, dou-ble this, this



Dou-ble, dou-ble that, that



Dou-ble this, dou-ble that



Dou-ble, dou-ble this, that!



This game is aimed at Key stage 2 (late Key stage 1) (age 6 and above)

This is a rhyme however can also be turned into a song using the soh, mi and doh pitches.

Facing a partner make two fists- your little fingers should point towards your partners. Your partner will do exactly the same actions.

On the word "double" tap your partners fists to the pulse (the heartbeats show the pulse)

On the word "this" clap hands with your partner.

On the word "that" using the backs of your hands tap your partners.

The first two lines are easy – the third and fourth slightly harder.

Practice this slowly at first and then speed it up.

Change the words "this" and "that" to make up your own such as "hot" and "dog" - the end of the rhyme will say "double, double hot dog!"