



Body Percussion Chant

I can stomp, stomp my feet, stomp my feet, to the beat

I can pat, pat, pat, pat, pat and make a sound.

Pat pat

Stomp my feet, stomp stomp

I can clap, clap my hands, all around

Clap clap clap, clap clap clap

I can pat, pat pat pat

And I can stomp my feet to the beat stomp stomp.

I can rub, rub my hands, rub my hands like falling sand. Ts ts ts.

Clap my hands all around

Clap clap clap

Pat my legs

Pat pat pat

And stomp my feet to the beat

Stomp stomp stomp

**You can play around with how many times you sing each movement, as you can see, sometimes I sing six times, and sometimes I sing 2-3.*

I really enjoy using this body percussion chant as a “warm up” at the beginning of a group session, but can also be used with individuals!