



Cup Song!

A fun way to interact with your friends while social distancing!

Length: 10 minutes

Difficulty: Easy

Supplies You Will Need

- Plastic cups

ACTIVITY INSTRUCTIONS

1. Step On a flat surface, place the cup upside down directly in front of you. Clap two times and hit the top of the cup with your right hand, left hand, right hand.
2. Clap and using your right hand, move the cup to your right.

Put steps 1 and 2 together

3. Clap and turn your right hand (thumb down) to pick up the cup.
 - With the cup in your right hand, hit the opening of the cup on your left palm.
 - After the left palm hit, hit the bottom of the cup on the floor (or flat surface).
 - After the floor hit, move the cup to your left hand.
 - With the cup in your left hand, reach your right hand across your body and hit the floor (or flat surface).
 - With your right hand in front of you, use your left hand with the cup and place the cup upside down to the right of you.

Put steps 1-3 together and practice, practice, practice!

