

Call-and-Response Chant for Self-Regulation

By Wolf Trap Master Teaching Artist Sue Trainor

Chants can be a valuable tool in classroom management. This call-and-response chant is excellent for facilitating impulse control and centering children on their own spaces in the classroom meeting space. Some classrooms use letters, shapes, or other markers for these assigned spaces, and these lyrics can be adapted to fit the structure of each classroom.

Lyrics:

Are you sitting on your spot? Yes, I am.

Are you sitting on your spot? Yes, I am.

What are we doing? Sitting on the spot.

What are we doing? Sitting on the spot.

Can you clap on your spot? Yes, I can.

Can you clap on your spot? Yes, I can.

What are we doing? Clapping on the spot.

What are we doing? Clapping on the spot.

Can you stand on your spot? Yes, I can.

Can you stand on your spot? Yes, I can.

What are we doing? Standing on the spot.

What are we doing? Standing on the spot.