



# ZIP, ZAP, ZOP

ALL GRADES

**WHAT IS IT?** A game to build executive function skills.

**WHAT IS IT ABOUT?** Practicing focus and attention.

### WHY DO THIS?

IF WE...

practice focus and attention...

ZIP, ZAP, ZOP

➔

THEN WE...

can organize thinking and behavior to meet goals...

➔

SO WE...

can engage deeply in learning with each other.

### THE BIG IDEA

**This game is about paying attention to know when it is your turn and to know the right thing to say.**

### INSTRUCTIONS

1. Say **THE BIG IDEA**.
2. Gather students in a circle. Say, “Let’s use our focus skills to pay attention as we take turns and send the chant ‘Zip, Zap, Zop’ around the circle.”
3. Have students repeat after you: “Zip, Zap, Zop.”
4. Tell students, “During our game, we are going to take turns passing the Zip, the Zap, and the Zop around/across the circle. I will start by saying ‘Zip’ and clap my hands at someone else. That person will then say ‘Zap’ and clap their hands at someone different, who will then say ‘Zop,’ etc. We will send this same chant around the circle over and over again.”
5. The goal is to send the chant quickly around the circle. While students are waiting for their turn, they should pay careful attention and follow the chant around the circle. They should also pay attention to make sure everyone gets a turn!

➤➤➤ **MUST DO:** Must require students to pay careful attention, say the right word, and do the correct motion.

↪ **CAN ADAPT:** Change the chant (e.g., Zoop, Zeep, Zipe).

### MATERIALS

✂ None required.



## AFTER THE ACTIVITY, DEBRIEF:

- Was it hard to use your Focus Power and pay attention to where the Zip, Zap, and Zop were in the circle? What helped you stay quiet or react quickly?
- Is it easier or harder to focus when playing this funny game versus when doing something serious (e.g., school work)?
- What other times of the day do you have to pay careful attention to do something in a certain order?

## TIPS FOR SUCCESS



For students who may need additional support, use different words that don't sound so similar and aren't confusing, such as banana, apple, and grapes or cat, dog, and bunny.

## ADAPTATIONS

- To make the game easier for younger students, go around the circle in order chanting “Zip, Zap, Zop.” To change things up, add a ball for them to gently toss around the circle as they go.
- For a variation, ask students to do a different motion, such as winking, while saying their part of the chant.
- To make the game more challenging, add additional words to “Zip, Zap, Zop” (e.g., Zoop, Zeep, Zipe).
- To boost phonemic awareness for younger children, adjust the chant to reflect any letters or concepts you're working on (e.g., if you're focusing on the letter 'b,' the chant could be “Bip, Bap, Bop.”).
- For added challenge, ask children to pass around each word of a children's song to each other until they get through a verse, e.g., “Head, Shoulders, Knees, and Toes.” It will require them to pay extra attention to where they are in the verse.