

Dr. Jean's

# Cheer Cards



# Dr. Jean's Cheer Cards

Take one cheer each day and use it all day long.  
Put it in the box at the end of the day.  
The next day, select another cheer and  
use it all day long.

After about two weeks,  
you'll have a box full of celebrations.  
Let children choose a cheer out of the box to  
celebrate an accomplishment  
or to reinforce positive behavior.  
The celebrations are also great for a  
"brain break" or a "smile break."  
Encourage your students to create

their own cheers  
and teach them  
to the class!



## Roller Coaster

Put hands at your waist and slowly move them up your body over your head as you make a clicking noise. When you get to the top, swoop arms down as you say,

"Whoooooooooo!"



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## Ole! Ole! Ole!

Count with your fingers in the air as you say in Spanish,

"Uno, dos, tres."

Twirl around with your index finger in the air as you say,

"Ole! Ole! Ole!"



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## Cowboy Cheer

Put one finger in the air and circle it like a lasso as you say,

"Ye-haw!"



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## Kiss Your Brain/Kiss Your Heart

When children answer a question with an answer that is clever, correct, or creative say, "Kiss your brain!"

Model how to kiss your fingertips and touch your head.



If you see a child doing something kind, use the same cheer and say, "Kiss your heart!"

Kiss your fingertips and touch your heart.

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## Shine Your Halo

When children have been good, say

"Shine Your halo," while modeling the movement of running your fingers in a circle above your head.

If you're looking for a way to get children to settle down, use the same cheer and ask,

"Where are my angels?"

Shine your halo."



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## Pat Yourself on the Back

Have children pat themselves on the back as they say,

"I'm good stuff."

Next, have them pat their neighbor on the back as they say, "You're good stuff, too."



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## Silent Cheer

Tell the children they can jump around, wave their hands in the air, and make as much noise as they want - as long as you can't hear them



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## Sign Language Applause

Teach your children how to applaud in sign language.

They do so by raising both hands in the air and rotating them back and forth quickly.

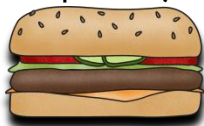


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## Hamburger Cheer

Pretend to make a hamburger patty by patting your palms together. Stick out your right hand as if placing a hamburger on a skillet. Make a sizzling sound and say, "Is it done?" Turn your hand over and say, "Not yet." Repeat twice. After the third "Is it done," give a thumbs-up and say, "Well done!"



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## Firecracker

Hold your palms together in front of you as if praying. Make a sizzling sound (Ssssss) as you wiggle your palms up in the air like a firecracker going off. Clap them above your head, then wiggle your fingers around and down like the sparkles coming from a firecracker. Make an "Ahhhhh" sound like a crowd watching a firecracker go off.

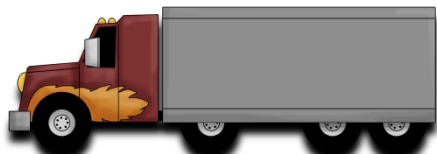
Do a GIANT firecracker, a medium-sized firecracker, and a tiny firecracker.



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## Trucker Cheer

Tell children, "Grab your steering wheel." Make a "rrrrr" sound as you pretend to steer. Put fist in the air and say "Honk honk" as if pulling a horn. Next, put fist by mouth like it's a CB radio and say, "Good job, good buddy."



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## Rattlesnake Cheer

Put palms together then wiggle them in front of you as you make a hissing (Ssssss) sound. Quickly stick your tongue in and out like a snake.



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## Catch a Star

Tell children to think of something kind they did, something new they learned, or something that made them feel proud. Tell them: "Reach up (stretch hand up in the air), grab a star (pretend to grab a star), and put it in your heart (put your hand near your heart)."

This works well as a cheer for the end of the day before children go home.



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## Lookin' Good

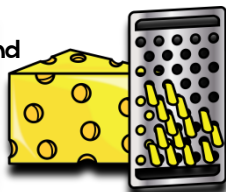
To compliment a child say, "You are..." (make a clicking noise as you make a pretend mirror around your face and fluff your hair), "...lookin' good!"



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## Cheese and Grater

Hold up your left palm as you say, "Here's the grater." Make a fist with your right hand and hold it up and say, "Here's the cheese." Pretend to scrape the cheese on the grater as you say, "You're great, great, great!"



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## Saturday Night Fever

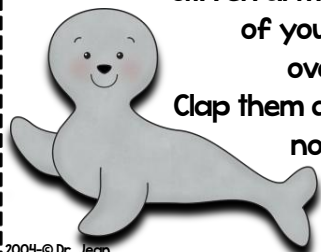


Extend your right index finger in the air to the left of your body. Put your left hand on your hip. Move your right finger from the air to your side as you sing, "Ah, ah, ah, ah, we did a good job, we did a good job," (to the tune of "Stayin' Alive").



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## Seal of Approval



Stiffen arms, extend them in front of you, and cross them over each other.  
Clap them as you make a barking noise like a seal.

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## Parrot Cheer



Put your hands in your arm pits to make the parrot's wings.  
Flap your wings up and down as you squawk and say, "Aaaaak!  
You did a good job!"

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## Bubblegum

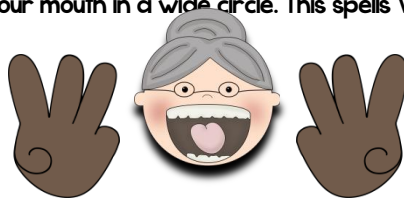


Pretend to open a piece of bubblegum and put it in your mouth.  
Start chewing as you wiggle your head from side to side.  
Place your palms by your mouth and extend as you slowly blow...  
**One, two, three, four, POP!**  
(Clap hands on POP!)

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## WOW Cheer

To cheer for a child without using words, put both hands up on either side of your mouth with the pointer, middle, and ring fingers making a "W".  
Open your mouth in a wide circle. This spells W-O-W.



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## Harry Potter Cheer



Tell the children:  
"Get out your magic wand."  
Pretend to point your wand at various children as you say,  
"You're psh, psh, psh"  
(point to a child with each 'psh'),  
Terrrrr-ific!"

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## Sit Down Cheer

Use this cheer to the tune of "Kiss Him Goodbye,"  
To praise children, or as a good way to help children settle down. Sing,  
"Na, na, na, na.  
Na, na, na, na.  
Hey, hey, hey, good job!"  
Repeat song, and replace "good job" with "sit down" when needed.



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## A "Round" of Applause

Clap in a circle to give children a "round" of applause.



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## Oreo

Hold palms facing you.  
Pretend to lick one palm and then the other.  
Clap together!



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## Elvis Cheer



Tell the children:  
**"Turn up your collar;  
 get out your  
 microphone."**

Then swing the microphone  
 around in circles, curl your  
 lip like Elvis and say together,  
**"Thank you, thank you very much."**

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## Pencil Sharpener



Stick out an index finger like a pencil  
 and pretend to sharpen it as you  
 go,

**"Bzzzzzzz."**

Hold up the pencil and  
 blow on the top as you say,  
**"You're sharp!"**

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## Gold Star Class

Tell your class, **"Get out your box  
 (hold out one hand in a cupping shape),  
 get your star**

(pretend to get a star on one finger of the  
 other hand),

**lick it and put it on your forehead.**

**You're all GOLD STAR kids!"**

This is a good way to help  
 the whole class feel special.



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## A-W-E-S-O-M-E

Clap and sway as you cheer for your children.

**"We're A-W-E (slight pause) S-O-M-E."**

Pretend to dust your shoulder with your  
 fingernails like you're polishing them one  
 hand at a time and say,

**"We're Awesome, Awesome."**

Now open arms outward one at a time and  
 say,

**"To-tally! Awesome"**



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## Fantastic

Tell the children:

**"Get out your spray bottle."**

Hold up one hand and pretend to spray.

Say, **"You're psh, psh, psh..."**

(spray once for every 'psh').

Hold up other hand and pretend to wipe in  
 circles over the liquid you just sprayed as  
 you say,

**"Fan-tastic!"**



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## Hip - Hip Hooray!

The teacher starts this cheer  
 by slapping each hip as she  
 says: **"Hip, Hip..."**

The children all join in by shouting,

**"Hooray!"**

Repeat.



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## I Like IT!



When you're pleased with the way the  
 children have accomplished a task,  
 get out of character and start singing:

**"That's the way, uh huh, uh huh,  
 I like it, uh huh, uh huh."**

**That's the way, uh huh, uh huh,  
 I like it, uh huh, uh huh."**

Dance and sway as you sing.

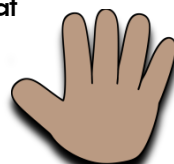


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## Snap, Crackle, Pop

This cheer is done by snapping your fingers (snap),  
 rubbing your hands together (crackle),  
 and clapping your hands once (pop).

You may have to say the words the first time so the  
 children will understand what  
 you're doing.



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# Dr. Jean's Cheer Cards

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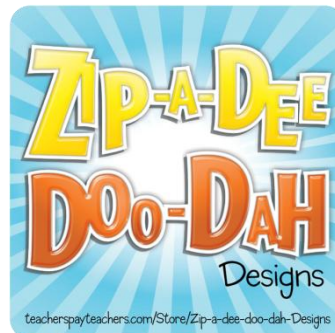
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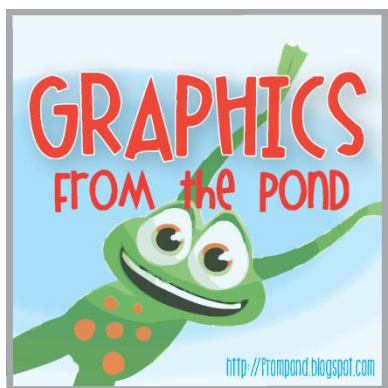


# Credits

Huge thanks to Laura from Teacher Laura for going above and beyond to create great images for these cards!



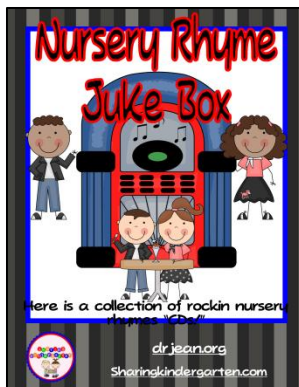
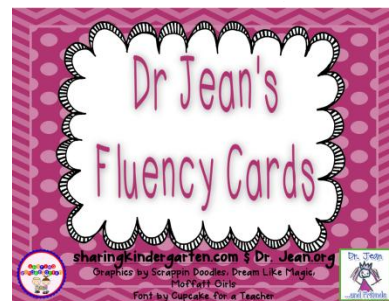
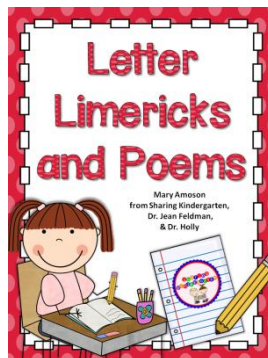
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