

Calming Song

A Big Sea Star

A big sea star, a big sea star
(*Spread arms wide*)

Little cuddle clam, and a big sea
star
(*Hug yourself*)

A big sea star, a big sea star
Little cuddle clam, and a big sea
star

A puffer fish, a puffer fish,
(*Deep breath, puff cheeks, and
blow out*)

Little cuddle clam and a big sea
star

A puffer fish, a puffer fish,
Little cuddle clam and a big sea
star

To watch this song and for more,
visit:

https://youtu.be/3sUoyze87_c



Movement Rhyme

Slowly, Slowly, Very Slowly

Slowly, slowly, very slowly creeps
the garden snail.

(walk fingers up arm)

Slowly, slowly, very slowly up the
wooden rail.

Quickly, quickly, very quickly runs
the little mouse.

(run fingers around your belly)

Quickly, quickly, very quickly
round about the house.

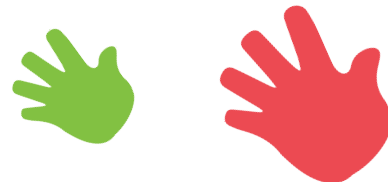
(slip fingers under your arms and
tickle)

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