

### The Quiet Me

*Hand on your belly. Hand on your heart*  
I can find the quiet me. I travel deep inside  
I can find the quiet me.  
From it, I cannot hide.  
I love to be with quiet me. I can hum.  
I love to be with quiet me. I can drum.  
I can close my eyes and when I do I see  
Quiet, quiet, quiet. Quiet me

### Gentle Hands

Gentle hands. Gentle hands.  
When I touch, I will use gentle hands.  
Soft and slow. Soft and slow  
Gentle hands are soft and slow.  
On my legs, gentle hands.  
On my arms, gentle hands.  
On my belly, gentle hands.  
Gentle hands are always soft and slow.

### Magical Nap Mat

It's time to rest; it's time to rest.  
To lay on my magical mat and rest  
Rest my head; Rest my shoulders.  
Rest my arms; Rest my chest  
It's time to rest.  
It's time to rest; it's time to rest.  
To lay on my magical mat and rest  
Rest my legs; Rest my tummy;  
Rest my feet; Rest my toes  
My eyes I'll close  
It's time to rest; it's time to rest.  
To dream on my magical mat and rest.  
Just rest...Just rest. That's the best.  
Just rest

### Relax. Ah!

I squish my face oh so tight, 1, 2, 3, 4, 5  
Relax. 5, 4, 3, 2, 1. Ahhhhhh!  
I squeeze my shoulders oh so tight 1,,2,3,4,5  
Relax. 5, 4, 3, 2, 1. Ahhhhhh!  
I tighten my chest oh so tight 1 2 3 4 5  
Relax. 5, 4, 3, 2, 1. Ahhhhhh!  
I suck in my tummy oh so tight 1 2 3 4 5  
Relax. 5, 4, 3, 2, 1. Ahhhhhh!  
I make my legs stiff oh so tight 1 2 3 4 5  
Relax. 5, 4, 3, 2, 1. Ahhhhhh!  
I crunch my toes & tighten my fists 1 2 3 4 5  
Relax. 5, 4, 3, 2, 1. Ahhhhhh!  
My whole body becomes oh so tight 1 2 3 4 5  
Relax. 5, 4, 3, 2, 1. Ahhhhhh!

### Walking Fingers

When my body's feeling busy and  
I want to calm down.  
I take my little fingers and on my body walk  
around.  
Walking fingers, walking to and fro  
Walking fingers. Where will my walking fingers  
go?  
Walking fingers, walking fingers walking across  
my tummy  
Walking fingers, walking fingers make me feel so  
yummy  
Walking fingers, walking fingers walking across  
my chest  
Walking fingers, walking fingers make me feel my  
best  
Walking fingers, walking fingers up my neck, near  
my ears  
Walking fingers, walking fingers walking away my

fears

Walking fingers, walking fingers walking on my face

Walking fingers, walking fingers this is not a race

Walking fingers, walking fingers walking in my hair

Walking fingers, walking fingers, walking without a care

Walking fingers, walking fingers will help me feel ok

Walking fingers, walking fingers walking the blues away

### **That Relaxes Me**

I rub up my left arm. I rub up my right arm (2x)

Rubbing arms relaxes me

I bring my head back. I bring my chin down (2x)

Moving my head relaxes me.

I just sit here on the floor.

I'll help myself relax a little more.

I take in a deep breath. I let the breath out.

Breathing relaxes me.

I hug myself. I give myself a squeeze. (2x)

Hugging relaxes me.

Rub arms. Move head. Breath. Hug.

### **Waves**

Waves are Swell. Swirling, Swelling, Rippling (Twirl. Stop. Move your hands and arms)

Waves, waves, waves

I love to run in waves (Run. Run.)

Waves, waves, waves

I love to splash in waves (Pretend to splash.)

Waves, waves waves

I love to jump in the waves (Jump! Jump!)

Waves waves waves. I love to catch the waves (Reach out and catch a wave)

Waves, waves waves. I love to kick in waves (Kick. First one foot, then the other)

Waves waves, waves. I love to swim in the waves (Lay down. Pretend to swim)

Waves, waves, waves. I want to be a wave. (Be a wave! Be YOUR wave)

### **I'm a Rag Doll**

I'm a rag doll standing on my tippy toes

Turning my self round. Following my nose

I'm a rag doll stamping my feet

Stamp left and right. And then repeat

I swing my arms from side to side

First this way. Then, that

I jump up and down. Jump. Jump.

Then flop forward, like that.

I'm a rag doll who started up on my toes

Go down to the ground until I'm in a child's pose.

### **Picture Thinking**

Pictures. Pictures. I'm picture thinking. (2X)

I close my eyes and what do I see?

I see pictures of me.

Pictures of me singing a song.

Pictures of me tagging along

Pictures of me swinging away.

Pictures of me having a good day

Pictures. Pictures. I'm picture thinking. (2X)

I open my eyes, but close them again.

I see pictures of me with my friend

Pictures of us on a gigantic slide.

Pictures of us going for a ride

Pictures of us playing with blocks.

Pictures of us telling time with clocks  
Pictures. Pictures. I'm picture thinking. (2X)  
I open my eyes but know I can close them again  
When I want to see myself with my friend  
I'll just see pictures. Picture thinking. (2x)

### **Zigger Zagger Day**

Have you ever had a zigger zagger day?  
When things don't go your way?  
If you've had a zigger zagger,  
you know it doesn't matter  
Cause in time, everything will be ok.  
I will teach you how to zig your zaggles away.  
Just in case you have a zigger zagger day  
You might feel better about your zigger zagger  
If you stomp your feet; Have something to eat;  
Let out a big sigh; Pretend to cry  
If you giggle giggle giggle; Let your body wiggle,  
wiggle.  
Now you know what to do today. You can zig your  
zaggles away  
If you have a zigger zagger, you know it doesn't  
matter  
Cause in time everything will be ok.  
Zigger Zaggles go awat!

### **Time to Stretch**

Time to stretch. Time to stretch.  
Reach up high.  
Clasp your hands over your head.  
It's time for stretching I said.  
Bend to the left. Bend to the right.  
Stretching gets you loose when you are tight  
Time to stretch. Time to stretch.  
Bend forward. Fingers touch your toes

Bend back as far as your back goes  
With arms up high, breath in deep  
Count to 5 while that breath you keep  
1, 2, 3, 4, 5  
Now, blow it out steady and slow.  
Push it out until you can't blow  
Time to stretch. Time to stretch.  
Lean your head back. Face toward the sky  
Chin to your chest. Give this a try  
Turn your head left then right  
Ear to each shoulder on each side  
Bring your arms up while you breath in  
This is relaxin'  
Bring arms down and breath out  
That's what stretching is about.  
Time to stretch. Time to stretch.

### **Happy Me**

When I feel sad or bad,  
I give myself a hug, hug, hug  
When I'm upset,  
I give each finger a tug, tug, tug  
When I feel grouchy, I find a space for me.  
Space for me. Space for me  
When I'm happy, I smile for all to see. See?  
Sad or bad, hugs for me.  
Upset or angry, tugs for me  
Grouchy and slouchy, find space for me  
Happy and glad smiles for all to see on happy me!

### **Boom Boom Beat**

Boom Boom Beat. Boom Boom Beat.  
My heart goes "Boom. Boom". (2x)  
When I dance in my room,  
My heart goes "Boom. Boom."

I want to move. I want to play  
I'll pretend to be my toys and move that way.  
Go to my toy box. Pretend to be  
like my toys that need a battery  
Boom Boom Beat. (Boom. Boom.) (2x)  
I put stiff arms in the air, move em up and down  
Bend my wrists and turn 'em around like a robot.  
Ro ro ro robot  
Put my knees together and give 'em a squeeze  
Stick out my bum and rock it with ease  
Like a dancer. Da da da dancer  
Boom Boom Beat. (Boom. Boom.) (2x)  
Now sit on the floor and twirl myself around  
Use my body like a merry go round  
Like an acrobat. Acro, acro, acrobat.  
Get on my knees. Play air guitar.  
Take that tune oh so far  
Like a rocker. Ro ro ro rocker.  
Boom Boom Beat. (Boom. Boom.) (2x)  
Lay on my back. Batteries are low.  
Toys are in the toybox. No place to go  
Take a deep breath. Make a robot sound.  
Now just like a robot, I shut myself down