

Time to Clean Up

(Sung to "London Bridge")
Time to put our toys away,
toys away, toys away.
Time to put them all away,
we're big helpers!

Here's why: a familiar tune tells the brain what comes next, so switching tasks feels calm and fun instead of a fight.

Time to Clean Up

(Sung to "Twinkle, Twinkle")
Tidy, tidy, one, two, three,
put things where they ought to
be.

Blocks in baskets, books in rows,
that is how our clean-up goes.

Here's why: a familiar tune tells the brain what comes next, so switching tasks feels calm and fun instead of a fight.

Time to Clean Up

(Sung to "Mary Had a Little Lamb")

Everybody clean the room,
clean the room, clean the room.

Everybody clean the room,
until it's neat and bright.

Here's why: a familiar tune tells the brain what comes next, so switching tasks feels calm and fun instead of a fight.

Time to Clean Up

(Sung to "Frère Jacques")
Time to tidy, time to tidy,
clean it up, clean it up.
Put away the puzzles,
put away the crayons.

Here's why: a familiar tune tells the brain what comes next, so switching tasks feels calm and fun instead of a fight.

Line Up Time

(Sung to "The Muffin Man")
Oh, can you make a quiet line,
a quiet line, a quiet line?
Oh, can you make a quiet line
and stand up straight and tall?

Here's why: a set routine song tells the body exactly what to do, which lowers the wiggles and the waiting stress.

Line Up Time

(Sung to "Twinkle, Twinkle")
Line up, line up, one behind,
hands to self and feet aligned.
Facing forward, ready feet,
quiet mouths so we can meet.

Here's why: a set routine song tells the body exactly what to do, which lowers the wiggles and the waiting stress.

Line Up Time

(Sung to "Frère Jacques")
Find your spot, find your spot,
in the line, in the line.
Standing nice and quiet,
standing nice and quiet.

Here's why: a set routine song tells the body exactly what to do, which lowers the wiggles and the waiting stress.

Line Up Time

(Sung to "Row Your Boat")

Line, line, line us up,
gently in a row.

Quiet voices, ready feet,
and off to go we go.

Here's why: a set routine song tells the body exactly what to do, which lowers the wiggles and the waiting stress.

Come to the Carpet

(Sung to "Mary Had a Little Lamb")

Come and sit down on the rug,
on the rug, on the rug.

Come and sit down on the rug,
it's time for circle time.

Here's why: singing the way to the carpet
turns a scattered move into one shared,
focused arrival.

Come to the Carpet

(Sung to "Twinkle, Twinkle")
Criss-cross feet and hands in lap,
find your spot and give a clap.
Eyes are watching, ears are near,
circle time is starting here.

Here's why: singing the way to the carpet
turns a scattered move into one shared,
focused arrival.

Come to the Carpet

(Sung to "Farmer in the Dell")
We're coming to the rug,
we're coming to the rug,
with quiet feet and ready hands,
we're coming to the rug.

Here's why: singing the way to the carpet
turns a scattered move into one shared,
focused arrival.

Wash Your Hands

(Sung to "Row Your Boat")
Wash, wash, wash your hands,
scrub them nice and clean.
Soap and water, in between,
the cleanest hands you've seen.

Here's why: a 20-second song is the perfect scrub timer, and the tune makes a chore feel like play.

Wash Your Hands

(Sung to "Twinkle, Twinkle")
Soap and bubbles, scrub-a-dee,
wash the germs away from me.
Front and back and in between,
count to twenty, nice and clean.

Here's why: a 20-second song is the perfect scrub timer, and the tune makes a chore feel like play.

Wash Your Hands

(Sung to "Frère Jacques")
Wash your hands now, wash
your hands now,
rub-a-dub, rub-a-dub.
Soap between your fingers,
rinse away the bubbles.

Here's why: a 20-second song is the perfect scrub timer, and the tune makes a chore feel like play.

Wash Your Hands

(Sung to "Mulberry Bush")

This is the way we wash our hands,
wash our hands, wash our hands.
This is the way we wash our hands
to keep the germs away.

Here's why: a 20-second song is the perfect scrub timer, and the tune makes a chore feel like play.

Get the Wiggles Out

(Sung to "If You're Happy")
Got the wiggles? Shake them out!
Got the wiggles? Shake them out!
Wiggle, jiggle, shake and stop,
get the wiggles out!

Here's why: giving the wiggles a job first lets
a busy body settle, so sitting still comes
easier next.

Get the Wiggles Out

(Sung to "Twinkle, Twinkle")
Wiggle fingers, wiggle toes,
wiggle everywhere it goes.
Shake it high and shake it low,
then our body still we hold.

Here's why: giving the wiggles a job first lets
a busy body settle, so sitting still comes
easier next.

Get the Wiggles Out

(Sung to "Row Your Boat")
Shake, shake, shake it out,
wiggles head to toe.
Jump and clap and spin around,
then still and quiet we go.

Here's why: giving the wiggles a job first lets
a busy body settle, so sitting still comes
easier next.

Get the Wiggles Out

(Sung to "Frère Jacques")
Wiggle, wiggle, wiggle, wiggle,
shake it out, shake it out.
Now our body's ready,
now our body's steady.

Here's why: giving the wiggles a job first lets
a busy body settle, so sitting still comes
easier next.

Quiet Time

(Sung to "Twinkle, Twinkle")
Quiet mouth and resting hands,
calm and still our body stands.
Take a breath in, let it go,
soft and slow, nice and low.

Here's why: a calm, slow tune paces the
breath, and a steady rhythm helps an excited
brain downshift.

Quiet Time

(Sung to "Row Your Boat")
Breathe, breathe, breathe it slow,
in and out we go.
Calm our body, calm our mind,
gentle, soft, and slow.

Here's why: a calm, slow tune paces the
breath, and a steady rhythm helps an excited
brain downshift.

Quiet Time

(Sung to "Frère Jacques")
Time for quiet, time for quiet,
settle down, settle down.
Take a breath so gentle,
let your body soften.

Here's why: a calm, slow tune paces the
breath, and a steady rhythm helps an excited
brain downshift.

Quiet Time

(Sung to "Mary Had a Little Lamb")

Now we use our quiet voice,
quiet voice, quiet voice.

Now we use our quiet voice,
soft as falling snow.

Here's why: a calm, slow tune paces the
breath, and a steady rhythm helps an excited
brain downshift.

Rest Time

(Sung to "Twinkle, Twinkle")
Close your eyes, rest your head,
cozy on your resting bed.
Breathe so soft and breathe deep,
let your body drift to sleep.

Here's why: a soft, repeated lullaby cues the body that it is safe to slow down and rest.

Rest Time

(Sung to "Frère Jacques")
Time for resting, time for resting,
lie down low, lie down low.
Bodies soft and sleepy,
eyes are getting heavy.

Here's why: a soft, repeated lullaby cues the body that it is safe to slow down and rest.

Rest Time

(Sung to "Row Your Boat")

Rest, rest, rest your body,
quiet on the mat.

Breathe so slow and close your eyes,
as still as a sleepy cat.

Here's why: a soft, repeated lullaby cues the
body that it is safe to slow down and rest.

Good Morning

(Sung to "Good Morning to All")
Good morning to you,
good morning to you,
good morning dear friends,
we're happy it's you.

Here's why: a predictable opening song tells every child they belong here and the day is starting, which settles nerves.

Good Morning

(Sung to "Twinkle, Twinkle")
Good morning, it's time to play,
a brand new, happy learning day.
Hang your coat, find your seat,
smile at everyone you meet.

Here's why: a predictable opening song tells every child they belong here and the day is starting, which settles nerves.

Good Morning

(Sung to "Farmer in the Dell")
Hello and welcome in,
hello and welcome in,
we're glad you're here to learn and play,
hello and welcome in.

Here's why: a predictable opening song tells every child they belong here and the day is starting, which settles nerves.

Time to Go Outside

(Sung to "Twinkle, Twinkle")
Coats and shoes and out we go,
to the playground, in a row.
Run and climb and swing up high,
underneath the open sky.

Here's why: a getting-ready song keeps a big,
exciting move organized so nobody rushes the
door.

Time to Go Outside

(Sung to "Farmer in the Dell")
We're going outside to play,
we're going outside to play,
with walking feet and quiet line,
we're going outside to play.

Here's why: a getting-ready song keeps a big,
exciting move organized so nobody rushes the
door.

Time to Go Outside

(Sung to "Frère Jacques")
Coat and shoes on, coat and
shoes on,
line up now, line up now.
Walking to the door,
ready to explore.

Here's why: a getting-ready song keeps a big,
exciting move organized so nobody rushes the
door.

Time to Say Goodbye

(Sung to "Skip to My Lou")

Goodbye friends, it's time to go,
goodbye friends, it's time to go,
goodbye friends, it's time to go,
we'll see you all tomorrow.

Here's why: an ending song gives the day a
clear, calm close, so goodbyes feel steady
instead of abrupt.

Time to Say Goodbye

(Sung to "Twinkle, Twinkle")
Backpacks zipped and coats on
tight,
we had fun and did it right.
Wave goodbye and say so long,
see you soon, our day is done.

Here's why: an ending song gives the day a
clear, calm close, so goodbyes feel steady
instead of abrupt.

Time to Say Goodbye

(Sung to "Farmer in the Dell")

It's time to say goodbye,
it's time to say goodbye,
we had a happy, busy day,
it's time to say goodbye.

Here's why: an ending song gives the day a
clear, calm close, so goodbyes feel steady
instead of abrupt.