

little bodies BIG FEELINGS

with Miss Regina



TODAY'S BIG FEELING:

IT'S OKAY TO REST



Welcome Song

I LOVE ME

(to the tune of "Three Blind Mice").

I love me, I love me

So very much, So very much

I can reach high and touch the sky

I love me, I love me



Feelings Check-In



Story

No More Naps by Chris Grabenstein



Movement Rhyme

HERE IS A BABY

Here is a baby ready for a nap

(Hold up index finger)

Lay her down in her mother's lap

(Place index finger in palm of other hand)

Cover her up so she won't peek

(Curl fingers of other hand around index finger)

Rock her till she's fast asleep.

(Swing hands gently together.)



Story

Goodnight Already by Jorie John



Counting Song

There were five in the bed And the little one said

Roll over, roll over

So they all rolled over and one fell out
(Repeat, counting down until one.)...

There was one on the bed

And the little one said

Goodnight (and went to sleep)



Story

SnoozeFest by Samantha Berger



Rhyme

BIG YELLOW MOON

Big yellow moon shines so bright,
(circle overhead)

Glides across the starry night
(arms left to right)

Looks down at me (hand shades eyes)

Asleep in bed, (head on hands)

Whispers, "Good night sleepyhead." (shh)

Big yellow moon, your turn is done
(move arms down)

Here comes Mr. Morning Sun (circle overhead)

I wake up. (arms stretch out)

You go to bed. (head on hands)

"Sleep well, Moon, you sleepyhead." (shh)

Credit: King County Library System

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Maybe Story

What If...by Samatha Berger



Affirmation

I AM

I am great! (Arms wide)

I am smart! (Finger to head)

I am strong! (Flex muscles)

I am loved! (Hug yourself)

Today is an awesome day! (Jump in the air, fist pump)



Feelings Check-In

So Long Song

We Wave Goodbye Like This

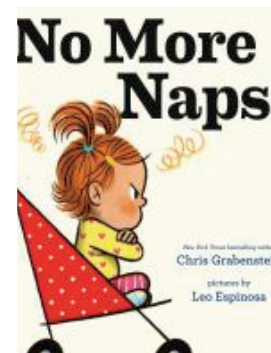
(Tune: "Farmer in the Dell")

We wave goodbye like this.

We wave goodbye like this.

We clap our hands for all our friends.

We wave goodbye like this.



Today we read...