

**Name of activity:** Singing Hello

If you're planning to do any activity it's sometimes nice to signify the start and end of these session, there are different ways to do this. At RfA we sing a hello and goodbye song.

Where we have used the word 'name' replace this with the name of the individual you are singing to.

Hello, hello, hello,  
Hello, hello, hello  
Hello, hello, hello to you today,  
Hello to Name hello to you, hello to name hello to you.

Goodbye song

Goodbye, goodbye it's time to say goodbye.  
Goodbye name goodbye name goodbye name, it's time to say..... Goodbye!

**Name of activity:** Time for activity song

Another song to use to help identify that something new is happening or about to start, you can use this for any activity and where I have used the word 'activity' you can change this to whatever you are doing. To the tune of 'Frère Jacques' sing the following –

Time for activity, time for activity, activity is fun activity is fun.  
Sing and play together, sing and play together, time for activity, time for activity.

**Name of activity:** Waiting song

Waiting can be a really stressful and difficult time for some of our individuals. Singing about it can really help reduce stress, explain what you're doing and why you are waiting, it also give individuals something to do while they are waiting.

So again to the tune of 'Frère Jacques' sing the following where I have use 'whatever' replace this with what you are waiting for.

We are waiting, we are waiting.  
Waiting for 'whatever' waiting for 'whatever'  
We are waiting, we are waiting,  
Waiting for whatever, waiting for whatever.

**Name of activity:** It's time to ..... 'Put your shoes on/off '

Sometimes we can find ourselves getting frustrated and repeating instructions over and over again. Sometimes our instructions are just not heard or they might be misunderstood. We try harder and harder to get ourselves heard and we still don't manage it. This is a good song to try, you can use it for pretty much anything you're doing, by singing instructions it really does help shift the focus of what you're doing and helps the individual understand what it is your asking of them.

To the tune of 'Polly put the kettle on' sing the following and you can change the 'put your shoes on' to anything you want it to be.

"It's time to put your shoes on,  
It's time to put your shoes on,  
It's time to put your shoes on, put your shoes on right now."

Keep singing this over and over again until the task is complete.

**Name of activity:** What's in the box?

Sometimes individuals can get a bit bored of the toys they use every day, to keep them interested have a handful of toys that you only use at special times. You could use this as a distractor or as a reward. Get a box and a few toys you know they like, keep them in the box but make sure the box is kept in a safe place where they haven't got access to it.

It you need five minute to yourself or if you are wanting to reward and praise for doing something good then get the box out. It's also nice to sing a song to introduce the box and so individuals become familiar with the song and know it's a rewards or an exciting things to play with.

Sing the following -

What's in the box?  
What's in the box?  
Tell me what's in the box today."

Sing this a couple of times to build suspense  
Allow the child to touch the box and open it, be suppressed for the child, ohhhh it's.....

Allow the child to explore the object and then encourage appropriate play. If it's safe to do so they might be able to play independently.

**Name of activity:** I am the music man

This is a good one to do with musical instruments, allowing children to choose from a box and change the lyrics accordingly.

It's a really good song for promoting movement as can move around dance or march to the tune while playing the instruments.

I am the music man.

I am the music man I come from down the way,

And I can play,

What can play?

I can the drum (or whatever the individual chooses)

(Say the sound of the instrument e.g.)

bang, bang, bang, bang, bang, bang, bang,

bang, bang, bang,

bang, bang, bang,

Bang, bang, bang, bang, bang, bang, bang,

bang, bang, bang, bang, bang.

This can be repeated for all instruments.

**Name of activity:** Puppet's come to tickle

You can use a teddy bear or puppet for this activity,

Put a teddy bear or puppet in a box or bag; sing what's in the box.

Teddy's in the box/bag.

Sing – I've come to tickle your tummy today,

I've come to tickle your tummy,

I've come to tickle your tummy today,

I've come to tickle your tummy.

You can change the words I've come to tickle your head, neck, ears, shake your hand, you might want to try this for the older children as its more age appropriate.