

Songs to make you go Mmmm!

Music, Movement, Mindfulness and Meditation

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A tiny taster...

Star Breathing

Sit down with your children and open up one hand in front of you with fingers outstretched like a star.

Show them how you can do some breathing just by using your hands!

Use your pointer finger to trace up the side of your thumb, breathe in slowly through your nose as you slide your pointer finger up to the top of your thumb...



WHEN I'M WORRIED

Tune: Frere Jacques

When I'm worried, when I'm worried
I'm not sure, I'm not sure,
Practising my breathing
Practising my breathing
That's the cure! That's the cure!

Feeling shaky, feeling shaky
It's OK! It's OK!
Bubbles in my tummy,
Bubbles in my tummy,
Blow away! Blow away!

Song
Sample...

