

Safe Sounds
Sensory Hip Hop for Kids



Welcome!

Music is powerful. It helps kids learn, move, calm down, and connect. *Safe Sounds* was created to bring the joy of hip hop to children in a way that is fun, comforting, and autism-friendly.

Each track is built with:

- Steady beats (predictable)
- Gentle vocals (clear, warm)
- Simple lyrics (easy to repeat)
- Positive messages (calm, friendship)



Morning Glow

Purpose: Start the day with calm energy.

Activity: Stretch arms up like the sun rising.

Key Lyric: "Hello, hello, good morning to you."



Clap Together

Purpose: Build rhythm and group connection.

Activity: Clap along, stomp feet, add snaps and wiggles.

Key Lyric: "Clap, clap, clap your hands."



Breathe In, Breathe Out

Purpose: Teach calm breathing and regulation.

Activity: Breathe in for 4 beats, breathe out for 4 beats.

Key Lyric: "Breathe in... breathe out."



Colors in the Sky

Purpose: Learn colors and explore imagination.

Activity: Point to objects that match the color sung.

Key Lyric: "Red is bright, red is high, red is dancing in the sky."



The Calm Train

Purpose: Support smooth transitions between activities.

Activity: Pretend to be a train moving slowly.

Key Lyric: "Choo-choo, the calm train rolls."



Stretch and Move

Purpose: Get bodies moving and energy out.

Activity: Reach up high, touch toes, move side to side.

Key Lyric: "Stretch up high, touch the sky."



Quiet Time Blanket

Purpose: Help children wind down and take a break.

Activity: Wrap in a blanket, lie down, dim the lights.

Key Lyric: "Close your eyes, quiet sound, wrap the blanket all around."



Friendship Song

Purpose: Teach kindness, inclusion, and connection.

Activity: Hold hands, share smiles, repeat affirmations.

Key Lyric: "You are my friend, I am your friend."

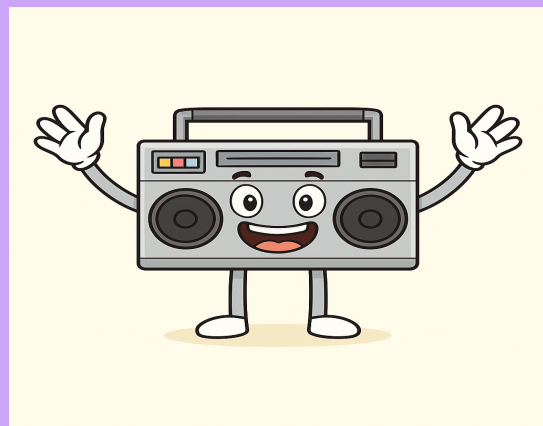


Goodbye Song

Purpose: Provide closure and predictability.

Activity: Sing together as a group before leaving.

Key Lyric: "Goodbye, see you soon."



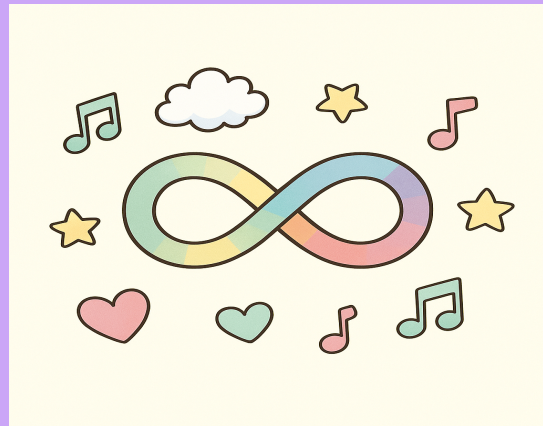
Movement & Play Activities

- Stretch Up High
- Clap Rhythms
- Breathing with Beats
- Calm Train Walk
- Dance Freestyle



Autism-Friendly Tips

- Use Predictability
- Pair with Visuals
- Keep it Simple
- Encourage Participation



Affirmations

- I am calm
- I can clap and move
- I am a good friend
- I am safe
- I can shine like the morning sun



Thank You

This music was made to support children,
families, and classrooms.

Follow us for more children's hip hop made
with love and care.



Follow us for updates and more projects by
Children of the Stars.

■■ Draw your favorite color in the sky.

■ Draw yourself clapping with friends.

■ Draw a train rolling slowly and calmly.

