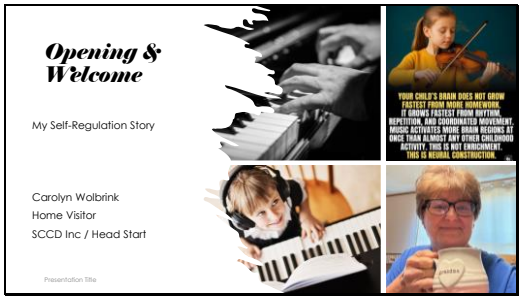
Slide 1



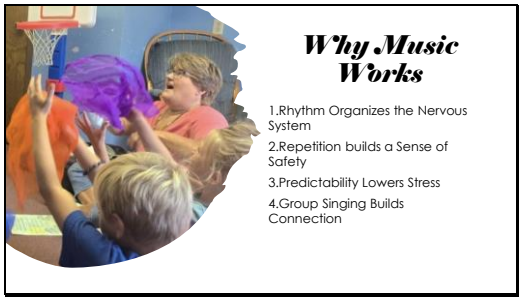
Preschoolers have limited language and a nervous system still under construction.

Slide 2



Children need help learning how to self-regulate.

Slide 3



Why simple steady beat?

Why repetition?

Why predictability?

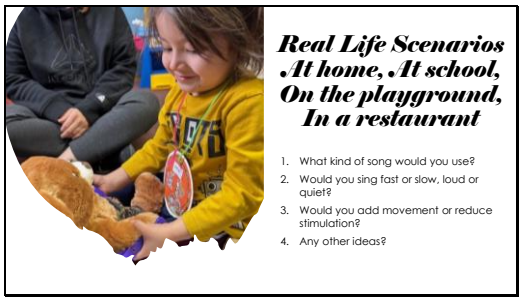
Why singing together?

Slide 4



What's your favorite calming song, connection song and energizing song?

Slide 5



At Home:

At School:

On the playground:

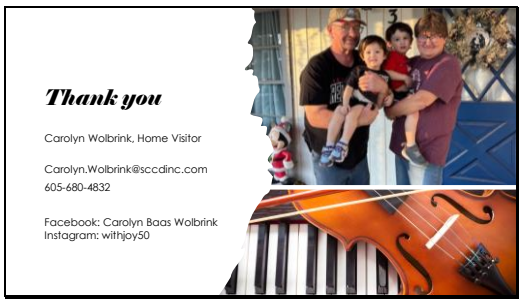
In a restaurant:

Slide 6



Can you guess what grounding song from the 80's we're closing with today?

Slide 7



Thanks for coming! Please connect with me & let me know what resonated with you most today.