

Peter, Peter



# PETER, PETER, PUMPKIN EATER

Peter, Peter, Pumpkin Eater

**Wiggle your booty or twist your waist**

Had a friend he loved to greet.

**Reach out and shake the child's hand.**

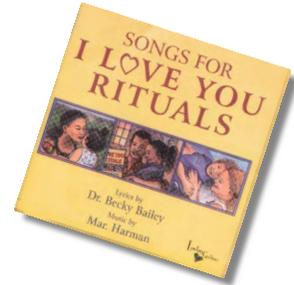
Treated her with kind respect,

**Gently put your left arm on the child's right  
shoulder and demonstrate a kind touch.**

And in the morning hugged her neck.

**Move from this position to a gentle hug.**

P. 62



# Wonderful Woman

A wonderful woman lived in a shoe,

**Hold child's hand and give a palm massage.**

She had so many children

She knew exactly what to do.

**Massage each finger on one hand as you say each word.**

She held them.

**Fold thumb in and then fold the fingers over it like a fist**

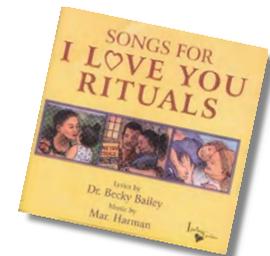
She rocked them.

**Cradle and rock the fist**

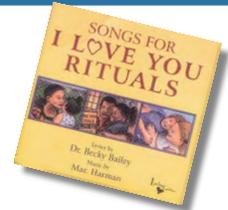
And tucked them in bed.

**"I love you, I love you," Is what she said.**

**HUGS**



# Hot Cross Buns



Hot cross buns. Hot cross buns.

**Clap your thighs with both hands, clap your hands together, then high 10. (2x)**

One penny, two penny, hot cross buns.

**Both you and child hold right hand index fingers and touch them, then two fingers of left hand then repeat above.**

Give them to your daughters, Give them to your sons.

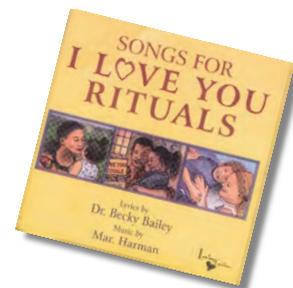
**Use your right hand to shake the child's right hand, use your left hand to shake the child's left hand**

One penny, two penny, hot cross buns.

**Same as above**



# Dancing Hands



Someone's hands are up and

Someone's hands are down.

Someone's hands are dancing all around the town.



Dancing on my knees, dancing on my feet,

Dancing on my shoulders and dancing on my cheeks.

(Repeat)

# TWINKLE TWINKLE

Twinkle, twinkle, little star.

*Hold child's hands up high, touch fingers and twinkle*

What a wonderful child you are!

*Bring arms down to rest on each other's shoulders*

With bright eyes and nice round cheeks,

*Touch near child's eyes and cheeks*

Talented person from head to feet.

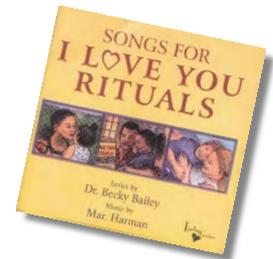
*Swing child's arms up to his head and down to his feet*

Twinkle, twinkle, little star,

*Twinkle fingers together again*

What a wonderful child you are!

*Smile and hug*



# Cat and Bunny

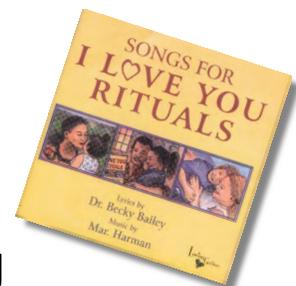
Creeping, creeping, creeping

Comes the little cat.

But the bunny with the long ears

Hops like that.

(Repeat)

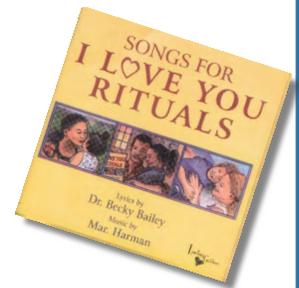


# Here's the Bunny

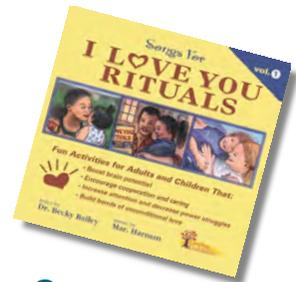


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Here's the bunny with the ears so  
funny,  
Here's the hole in the ground.  
When a noise she hears  
She picks up her ears.  
And jumps in the hole in the  
ground.



# Walk and Stop



You walk and walk and walk and **STOP**. x2  
You jump and jump and jump and **STOP**. X2  
You skip and skip and skip and **STOP**. x2  
You march and march and march and **STOP**. x2

# HUMPTY DUMPTY

Humpty Dumpty sat on the wall.

**Adult makes wall with hands, child makes arches with each fist and rests it on the top of the wall.**

Humpty Dumpty had a great fall.

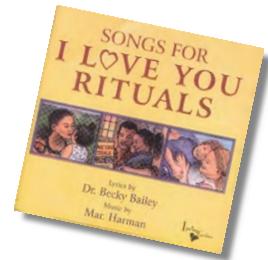
**When the fist falls off, adult gently catches child's wrists.**

All the Queen's horses, And all the King's men

**Release the child's wrist and gently massage arms**

Could put Humpty Together again.

**Bring the child's hands together. Wrap your two hands securely around the child's. Bring your united hands up to the child's eye level, sharing a loving gaze while saying the last line.**



# GEORGIE PORGIE

Georgie Porgie (Margie Pargie), pudding and pie,

**Move your shoulders up and down**

Gave his (her) friend a big high five.

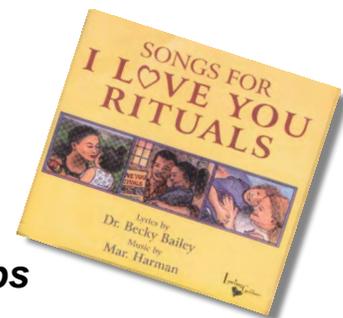
**Give each other a gentle high five with both hands.**

With his friend he (she) loved to play.

**Hold your hands up and tackle each other's fingertips**

A gift of a smile he (her) gave each day.

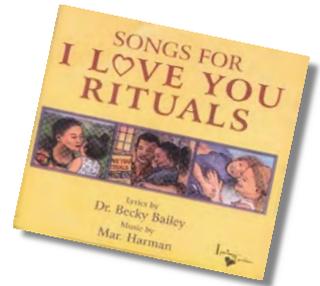
**Smile warmly with a loving gaze that includes eye contact.**



## FIVE LITTLE BABIES

One little baby rocking in a tree,  
Two little babies looking at me.  
Three little babies crawling on the floor,  
Four little babies knocking on the door.  
Five little babies playing hide-and-see.  
Don't look, don't look until I say...

"PEEK!"



## THREE NICE MICE

Three nice mice. Three nice mice.

***Hold of three fingers on each hand touch with your partners three fingers on each hand***

See how they care. See how they care.

***Make goggles/binoculars with both hands and look at your partner***

They hold both hands and give a shake.

***Hand shake with right hands continue holding and handshake with left hands***

Smiling together good friends they make.

***Continue holding hands swinging them lightly back and forth and smile***

Then turning around for goodness' sake.

***Release hands and turn around***

Three nice mice. Three nice mice.



## Little Miss Muffet

Little Miss Muffet

*Child and adult make fists with their right hands, touching them together*

Sat on her tuffet

*Adult holds up two fingers on her left hand and sits on chair created by her right fist.*

Eating her oatmeal today.

*Adult moves fingers to pretend she is eating*

Along came a spider

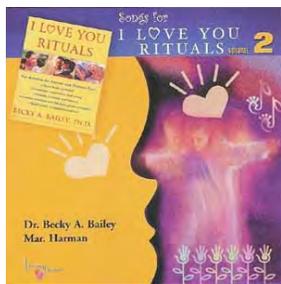
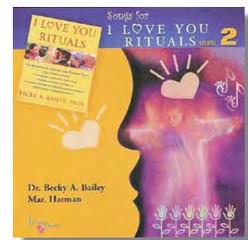
*With his left hand, the child wiggles his fingers like a spider and sneaks up on the adults eating fingers.*

Who sat down beside her

*The spider sits down beside the eating fingers*

And said, "Have a good day!"

**Shake hands**



## We Wish You

I wish you well. I wish you well.

All through the day today, I wish you well.

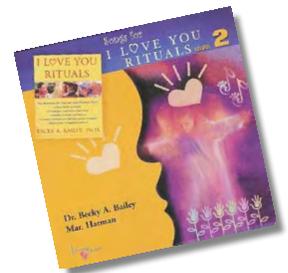
We wish you well. We wish you well.

All through the day today, we wish you well.

# YOU'VE BEEN GONE

You've been gone and you've been missed.

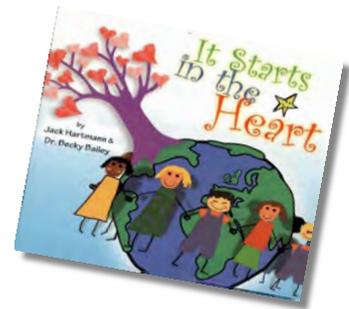
Where would you like your welcome back  
(butterfly) kiss?



# S.T.A.R. Song

When your feeling really angry  
No matter where you are  
There's a way to feel better  
There's a way to be a S.T.A.R.  
With this one thing to remember  
You'll stop anger in its tracks.

Just stop, take a deep breath, and relax.  
Just stop, take a deep breath, and relax.  
Just stop, take a deep breath, and relax.



# MY SCHOOL FAMILY



This is my school family (3x)

Now WAVE TO A FRIEND.

Wave to a friend (boom, boom, boom)

This is my school family (3x)

SHAKE HANDS WITH A FRIEND.

Shake hands with a friend (boom, boom, boom)

WAVE TO A FRIEND (boom, boom, boom)

PINKY HUG WITH A FRIEND

HIGH FIVE WITH A FRIEND

# THAT WAS HELPFUL



**That was helpful.** You helped somebody today.  
**That was helpful.** You helped to make a better way.

You picked up the toys, so no one would fall.

**That was helpful.**

You used your big voice so your friends could learn.

**That was helpful.**

You held the door open so we could walk in.

**That was helpful.**

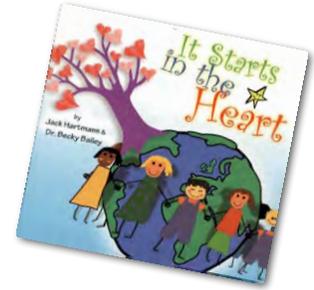
You shared a marker so your friend could draw.

**That was helpful.**

# GET READY

Good morning, good morning  
Let's get ready the brain smart way  
Good morning, good morning  
Get ready to start the day

Get your hands ready -- shake, shake  
Get your arms ready -- stretch, stretch  
Get your brain ready -- cross, cross  
Get your focus ready -- breathe, breathe



# Safe and Calm

Lie down or sit in a comfortable position.  
Slowly close your eyes.  
Let your arms gently relax by your side or  
in your lap.  
Notice your breath flowing in and out.  
Each breath says,  
I am safe and I am calm.  
I am safe and I am calm.



# Wadlee Atcha

Slap your knees (2x) and clap your hands (2x)

That's a wadlee atcha.

Snap your right hand, (2x) then your left (2x)

That's a wadlee atcha.

Grab your nose with your right hand,  
then grab your right ear with your left.

Grab your nose with your left hand,  
then grab your left ear with your right.

**That's dood-ly doo, dood-ly doo.**

**Wadlee atcha. Wadlee atcha. Dood-ly doo, dood-ly doo.**

It's a simple little song, there's not much to it.

All you gotta do is dood-ly do it.

I like the rest but the part I like the best, is dood-ly doing it faster!



# IN EVERY ONE OF US

It's in every one of us to be wise.

Find your heart.

Open up both your eyes.

We can all know everything,  
without ever knowing why.

It's in every one of us, by and by.

(Repeat)



# ENCOURAGING WORDS



I've got encouraging words in my mind. (3x)

And I can share them all with you.

You can do it - is what I say. (3x)

(Chorus)

Way to go, you did it - is what I say. (3x)

(Chorus)

I wish you well - is what I say. (3x)

(Chorus)



## Conscious Discipline® Tips

1. The best exercise for the brain is exercise, create a structure for safe movement.
2. Create structure for sensory needs
3. With positive intent, choose to see avoidance as a call for help rather than a behavior to be punished
4. Model Add visuals Practice (MAP) personal routines for homework and directions
5. Start with "I've noticed..." "Have you noticed?" What can we do to help? How will we know it's working?