

Listen to the Rain



Learner Goals

My caring adult helps me calm my body and mind with a song.

LYRICS

Pitter patter, pitter patter, listen to the rain.

Pitter patter, pitter patter on my windowpane.

ACTIVITY

A simple song can be a wonderful way to calm your young child and share a moment of connection. The rhythm and predictability of the song provides predictable auditory input that is soothing. Your voice and physical presence provide a sense of peace and security. By singing softly and holding your child close, your child will be able to mirror your emotional and vocal regulation.

Place your child in your lap either facing you or with their back to your chest. Gently pat the beat for the lyrics "Pitter patter, pitter patter" on the child's legs.

You can also enjoy a patting game where you hold your palms facing out to your child and show them how to alternate their left and right hands to touch your palms.

Our music videos provide an opportunity for YOU to learn a new song so that you can sing it face-to-face with your child. Your child likes your voice best, so share your voice as you enjoy this song together.



just 10 minutes

www.justtenminutes.org