



just 10 minutes

Song Card Notebook

www.justtenminutes.org

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.



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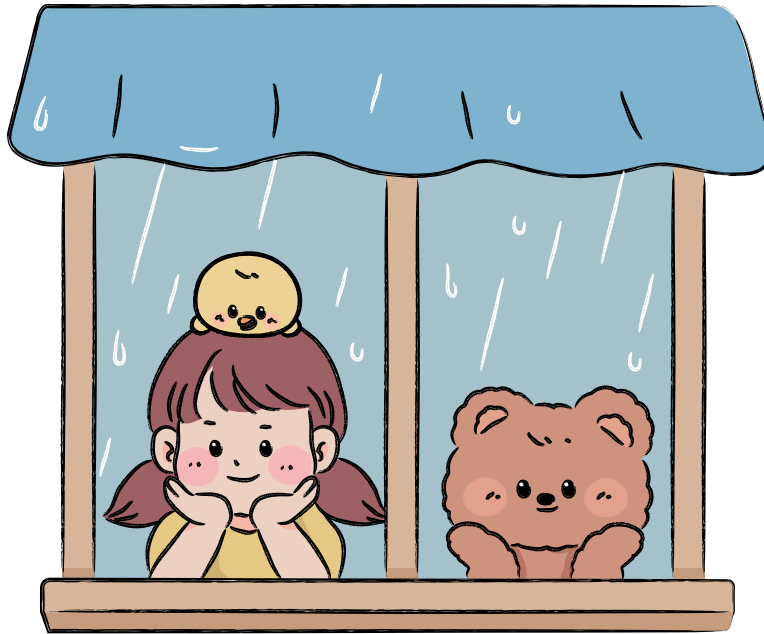
Character Song Card

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Our character song cards are a fun and beneficial way to bring music and connection into your family's routine. They empower your child to choose songs for you to sing together, making music a collaborative and joyful experience.



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Making Your Cards Last:

To get started, simply print the cards, trim them, and cover them with packing tape to make them durable for little hands. Storing them in a small bag makes it easy to bring your "Bag of Songs" along in the car, your purse, or a diaper bag.

How They Benefit Your Child:

Boosts Early Literacy:

As your child chooses a card, they begin to connect a picture with a specific song. This is a foundational step in understanding that pictures have meaning, which is a crucial early literacy skill.

Fosters Predictability & Security:

This simple, shared routine of choosing and singing songs offers your child the predictability, structure, and connection they crave. These experiences help to soothe and regulate their feelings, making them feel safe and understood.

Provides a Great Diversion:

Your "Bag of Songs" is a perfect, on-the-go tool to help with tricky moments like car rides or waiting at the doctor's office.





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More Magic Awaits!

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