



just 10 minutes

Song Card Notebook

www.justtenminutes.org

You are My Sunshine



Learner Goals

I can enjoy a bedtime routine that includes calm and connection.

LYRICS

You are my sunshine, my only sunshine.

You make me happy when skies are gray.

You'll never know, dear, how much I love you.

Please don't take my sunshine away.



ACTIVITY

Include this sweet song as a part of your bedtime routine. Hold your child close as you softly sing and rock side to side, either standing or seated.

Your child benefits in important ways from this simple song. They feel and hear you sing. They can touch you and savor the closeness you two experience as you sway or rock. They even love the smell of you! It is comforting and familiar. Rocking provides another type of sensory experience called vestibular stimulation, an important component of balance and equilibrium.

You are building core memories with your child by including this song in your routine, so be consistent in including it every evening. They will likely sing this song to their children some day!

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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