



just 10 minutes

Song Card Notebook

www.justtenminutes.org

See the Pony Galloping



Learner Goals

I can practice galloping fast and slowly walking with my caring adult.

LYRICS

See the pony galloping, galloping, down the country lane.

See the pony galloping, galloping, down the country lane.

See the pony galloping, galloping, down the country lane.

See the pony coming home all tired out. All tired out.

All tired out.

ACTIVITY

Head for the back yard or sidewalk and practice galloping by putting one foot in front of the other with your lead foot in front. You can put a sticker on that foot to help your child remember!

The “other foot” quickly slides up to meet the lead foot. The music will help you find a cadence to your gallop so you know when the lead foot should step down firmly in front!

The music will also provide the motivation for this fun practice. After three lines of “pony galloping,” you are ready to walk slowly to the phrases about “all tired out.” With each repetition of that line, move slower and sing more quietly. You can freeze at the end of each “tired out” phrase on the word OUT! Then repeat your galloping game all over again.

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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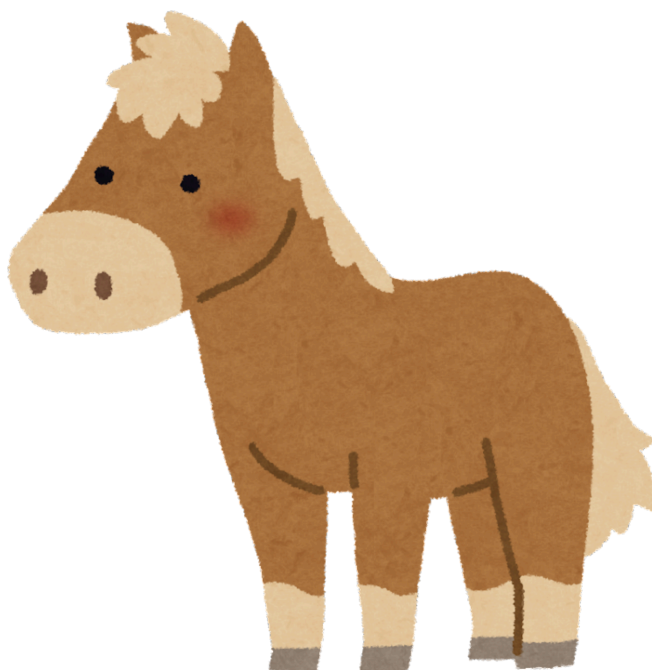
Character Song Card

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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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