



just 10 minutes

Song Card Notebook

www.justtenminutes.org

Walking Song



Learner Goals

I can move and stop according to the directions of the song.

LYRICS

1. Walking, walking, walking, walking, walking, walking, now let's STOP.
Walking, walking, walking, walking, walking, walking, now let's STOP.
Walking, walking, walking, walking, walking, walking, now let's STOP.
Walking, walking, walking, walking, walking, walking, now let's STOP.
2. Hopping, hopping, hopping, hopping, hopping, hopping, now let's stop...
3. Running, running, running, running, running, running, now let's stop...
4. Playing, playing, playing, playing, playing, playing, now let's stop...
5. Walking, walking, walking, walking, walking, walking, now let's STOP.
Walking, walking, walking, walking, walking, walking, now let's STOP.
Walking, walking, now ... let's ... STOP!

ACTIVITY

Impulse control is an important skill for young children to master, and an expectation for kindergarten readiness. Children must learn that there is a time to GO and a time to STOP. Making learning and practicing this skill FUN is the key to mastery! Sing this simple tune on the way to the mailbox or the bathtub – any time you are locomoting together.

Sign the word for PLAYING in the song or assemble some “kitchen band” instruments to play along as you sing that verse!

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.



Character Song Card

Walk and Stop

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.



Walk and Stop



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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