just 10 minutes

Song Card Notebook

www.justtenminutes.org

Row, Row, Row Your Boat

Learner Goals

I can use rhythmic movement and sound to stay calm and grounded.

LYRICS

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.

Row, row, row your boat,
Gently down the stream.
If you see a tiny mouse,
Don't forget to squeak!

ACTIVITY

Enjoy this rhythmic rowing game by placing your child in front of you. The mixture of a steady melody and gentle movement provides predictable sensory input that can calm your child's nervous system, creating a sense of safety for them.

Model a slow and steady rhythm by singing softly while rowing your arms. Create a wave motion with your hands for the lyrics "**gently down the stream".** This physical consistency can guide your child in developing auditory and motor processing skills.

Once you reach the "**merrily**" lyrics, use the repetition to maintain eye contact. This is an opportunity to share connection, helping your child mirror your calmness while also feeling seen and heard by you.

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

Row Your Boat

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.

Row Your Boat



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.

More Magic Awaits!

Stay connected with us and discover the next moments of fun, creativity, and joy.

Connect With Us On Social Media:

- just10minutesfamily
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Explore More Music Fun:

Watch the Videos

- justtenminutes.org/category/music-mondays

Download Song Cards

- justtenminutes.org/music-monday-song-cards