

FOUR SEASONS RHYME

Place hands on back gently resting

- Rain is falling down, splish → Move fingertips, walking down back from shoulders to high waist
- Rain is falling down, splash → Bring hands back to shoulders . . .repeat moving your fingertips, walking down back from shoulders to high waist
- Pitter patter, pitter patter → Move fingertips in rhythmic dancing "side-to-side" movement on lower back
- Rain is falling down, splish → Move fingertips, walking down back from shoulders to high waist
- Rain is falling down, splash → Bring hands back to shoulders . . .repeat moving your fingertips, walking down back from shoulders to high waist
- Sun is peeking out, peek! → Bring your hands back to the shoulders and rest them on both shoulders. Gently hug one shoulder
- Sun is peeking out, peek! → Gently hug the other shoulder
- Peeking here, peeking there → Gently hug both shoulders simultaneously
- Sun is peeking out, peek! → Make big, warm circles with your two palms on the child's back
- Snow is Falling Down, shh! → Gently press full palms lightly on child's back starting at shoulders
- Snow is Falling Down, shh! → Moving down to mid back
- Slowly, slowly, very slowly → Now moving palms slowly up and down entire back
- Snow is Falling Down, shh! → Continue these gentle presses until you once again reach the shoulder
- All is quiet and still → Rest your hands gently and still on the shoulders

