



# FAMILY GUIDE

EPISODE 102B

## LISTEN TO YOUR BODY



### MAESTRO MOON'S CUES

Re is a speedy little hummingbird who loves to move to the music. Re also needs to learn to rest a little too. Just like in music, it is necessary to take a pause. It is hard for such an active humming bird to rest but after a tail injury, Re learns just how important it is to listen to your body. Do and Mi help Re rest and feel much better.

### What Your Child Will Learn



#### MUSICAL VOCABULARY

- 🎵 **REST** - taking a brief pause before singing or playing the next note
- 🎵 **TEMPO** - the speed (fast or slow) of the piece of music
- 🎵 **PRESTO** - playing or singing music at a very fast speed
- 🎵 **LARGO** - playing or singing music at a very slow pace



#### SOCIAL-EMOTIONAL SKILLS

Self-regulation,  
Responsibility



#### OTHER SKILLS

Gross motor skills,  
Healthy habits



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# SING ALONG

SING AND DANCE TO *LISTEN TO YOUR BODY* WITH YOUR CHILD. CHALLENGE FAMILY MEMBERS TO MAKE UP THEIR OWN DANCE STEPS.

[Play Song Here](#)

## LISTEN TO YOUR BODY

(Jackie Tohn, David Schuler, Brian Clark)

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### FLORA

When you get going going going  
And your body starts to rock  
It's hard to know know know when  
When it's time to stop  
*Spoken:* (and REST) 2, 3, 4

### RE

My body's talking and it doesn't lie  
I gotta listen to how I feel inside!

### FLORA

You gotta listen to your body  
When it's tryin'a talk to ya, talk to ya

### DO / MI

(backing vocals)

When it's talking, listen up when it's talking!

### FLORA

(rap all together)

The grumbles in my tummy say 'I want Food'!  
My feet tippy tap when they're in the mood!  
My goosebumps say, 'I'm feeling chilly'!  
My giggles say, 'I'm feeling silly'!

### FLORA

REST! 2, 3

### FLORA

You gotta listen to your body  
When it's tryin'a talk to ya, talk to ya

### DO / MI

(backing vocals)

When it's talking, listen up when it's talking!

### FLORA

You gotta listen to your body  
When it's tryin'a tell you something,  
tryin'a tell ya tell ya something!

## MUSICAL FAMILY FUN

### 🎵 FAMILY CALMING POSES

When things get hectic around the house calm things down by using your bodies with some yoga poses. Try the Resting Pose, the Child Pose and the Easy Pose. What other poses can you do?

### 🎵 MAESTRO MOON SAYS REST

Play a version of musical themed Simon Says called "Maestro Moon Says" at home. Maestro Moon can say "Dance presto! (for fast)" or "Dance largo! (for slow)". Have fun with directions, thinking about high body positions or low body positions. Integrate the concept of "rest" into the game. How can you trick each other? Did you say Maestro Moon says before that direction?

### 🎵 SING A LULLABY

Bedtime is a wonderful time to listen to our bodies and get ready for rest. Softly sing a simple lullaby together such as *Hush Little Baby* or *You are My Sunshine*.

### 🎵 LISTENING WALK

Building listening skills supports language skills, working memory, and auditory discrimination. Enjoy a simple listening walk outdoors with your child. Identify the sounds you both hear - birds, cars, people, the wind. Talk about the sounds and imitate them.

### 🎵 MY BODY SAYS

Make different body moves and talk about how it feels. What body parts move when I rock, or swing? How do my arms feel? Do I move my feet when I sway back and forth? Add hopping, jumping, or walking with bare feet. What does our body tell us?

## HARMONY'S AND MELODY'S LIBRARY

1. *The Quiet Book* by Deborah Underwood, illustrator Renata Liwski
2. *Can't You Sleep Little Bear* by Martin Waddell, illustrator Barbara Firth
3. *The Stone Sat Still* by Brendan Wenzel
4. *The Sloth That Slowed Us Down* by Margaret Wild, illustrator Vivienne To
5. *Hush! A Thai Lullaby* by Minfong Ho, illustrator Holly Meade



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