

CHECKING IN

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TIPS TO SUPPORT LITERACY AT HOME

WHY READING AND SINGING WITH YOUR CHILD IS SO IMPORTANT

Daily reading with your child leads to increased academic achievement. Music and songs, specifically rhyming songs, are a fun and easy way to build early literacy and language development. Music skills correlate significantly with both phonological awareness and reading development. Singing helps build vocabulary and speech development. And reading and appreciating music together is a wonderful way to strengthen your relationship.

READ AND SING EVERY DAY!

TIPS FOR USING CANTATA LEARNING BOOKS AND SONGS DURING YOUR DAILY STORY TIME

1. As you sing and read, point out the different words on the page that rhyme. Suggest other words that rhyme.
2. Memorize simple rhymes such as Itsy Bitsy Spider and sing them together. This encourages comprehension skills and early literacy skills.
3. Use the questions in the back of each book to guide your singing and storytelling.
4. Read the included sheet music with your child while you listen to the song. How do the music notes correlate to the words of the song?
5. Sing along on the go and at home. Access music by going to www.cantatalearning.com. You can also stream or download the music for free to your computer, smartphone, or mobile device.

Devoting time to daily reading shows that you are available for your child. Together, you are building language, literacy, and listening skills.

Have fun reading and singing!



Have you ever felt **angry** or **worried**? Maybe you didn't get to have a turn while playing a game. Maybe you couldn't fix something that was broken. When we have big **emotions**, it can feel like nothing will help. The feelings are just too big! But if we can **calm down**, we can think of ways to feel better.

One way to calm down is to **check in** with your body by thinking about all of its parts, from your head to your toes. Ready to check in? Turn the page to **breathe** and sing along!



I know how it goes
and you know how it goes
when something's not going right.
Here is something that you can try.



Think about the top of your head.
How does it feel? Checking in!

Move down to your eyes.
How do they feel? Checking in!



So let's breathe in: 1, 2, 3, 4.
Hold it in.

Now let's breathe out: 4, 3, 2, 1.
Try it again.





Let's breathe in: 1, 2, 3, 4.

Hold it in.

Now let's breathe out: 4, 3, 2, 1.

We're calming down by checking in!

Checking In

Kindie
Emily Arrow

Intro

I know how it goes and you know how it goes when some-thing's not go - ing right.
Here is some - thing that you can try.

The musical notation for the Intro is written on two staves. The first staff contains the melody for the first line of the lyrics, with chords F, C, G, and Amin indicated above the notes. The second staff contains the melody for the second line of the lyrics, with chords F, G, and C indicated above the notes.

Verse

1. Think a-bout the top of your head. How does it feel? Check-ing in! Move down to your eyes. How do they feel? Check-ing in!

The musical notation for the Verse is written on a single staff. It contains the melody for the first line of the lyrics, with chords C, G, F, C, C, G, F, and C indicated above the notes.

Chorus

So let's breathe in: 1, 2, 3, 4. Hold it in. Now let's breathe out: 4, 3, 2, 1. Try it a-gain.
Let's breathe in: 1, 2, 3, 4. Hold it in. Now let's breathe out: 4, 3, 2, 1. We're calm-ing down by check-ing in!

The musical notation for the Chorus is written on three staves. The first staff contains the melody for the first line of the lyrics, with chords C and F indicated above the notes. The second staff contains the melody for the second line of the lyrics, with chords C and F indicated above the notes. The third staff contains the melody for the third line of the lyrics, with chords C, F, C, G, C, G, and C indicated above the notes.

Verse 2

Now think about your ears.
What do they hear? Checking in!
Think about the tip of your nose.
How does it feel? Checking in!

Chorus

Verse 3

Think about your shoulders and your neck.
How do they feel? Checking in!
Focus on your belly next.
How does it feel? Checking in!

Chorus

Verse 4

Now think about your legs:
right and left. Checking in!
Your feet and your toes are last.
How do they feel? Checking in!

Chorus