**Hands on Activity: “*Routines that Rock!”* Song**

**GOAL**

**To have fun and write and sing songs to help your children remember their daily routines for morning and bedtime. We know from research that when children have good routines they are more likely to participate in school and to show up on time.**

**This activity will happen virtually!**

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Log-on information \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number for help logging on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher hosting the activity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Materials**

Pencils, paper, colorful markers – and your voice! Everything goes better with a song!

Please let us know if you need the materials for the activity by calling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or emailing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Online Activity**

# Discuss bedtime and morning activities

# *Share examples of the activities that are part of you and your child’s regular routines*

# Share popular tunes that are easy to sing and remember

# *What are some of your child’s favorite songs to sing?*

* **Work together to create and share new songs**

# *Match your routines with the melody of songs that were brainstormed*

**Sample Song**

**A Perfectly Punctual Song Created by Parents for their Children**

**Set to the tune of “*The Farmer in the Dell*”**



**Perfectly Punctual Sample Song #1**

*Wake up – brush your teeth!*

*And put on your clothes!*

*We are on time for success, and this is how it goes!*

*We finished breakfast by 8!*

*We’re at our table on time!*

*Good morning and hello friends, I’m ready to learn today!*

**Your Family’s** **Song to Remember Routines**

**Set to the Tune of**

**Our Song to Remember Routines #1**

**Lyrics**