



# "Senses"

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## A Welcome Song

Let's all sing a welcome song,  
a song for you and me.

Hear the words and sing along,  
it's all about how we belong.

Let's all sing a welcome song  
about a good place to be.

Clap your hands and sing along with  
me.

I belong, you belong, she belongs, he  
belongs, they belong, we belong you  
see.

I belong, you belong, she belongs, he  
belongs, they belong, we all belong you  
see.

Oh, let's all sing a welcome song,  
a song that we all can sing.

Sing along 'cause that's the way  
we can all feel welcome as we all say:  
"Welcome to this brand new day."

## Everybody Line Up

Everybody line up, line up, line up,  
everybody line up now.

Stand in front or stand behind,  
everybody,  
that is how we make a line.

Everybody come and find  
your place in line and I'll find mine.

Everybody come and blend  
into the front, the middle and the end.

Everybody's lined up, lined up, lined up.  
Everybody's lined up now.

## **I'm Washing My Hands**

I'm washing my hands, I'm washing my  
hands, I'm washing my hands, I'm  
washing my hands.

I wash each finger with soap and with  
water.

## **Shake, Shake, Shake**

Shake, shake, shake.

Shake, shake, shake.

Everybody, everybody, shake, shake,  
shake.

Let's go up, up, up.

Down, down, down.

Up, up, up

Down, down, down.

And.....shake, shake, shake.

Now go up, up STOP!

And down, down, down

And.....shake, shake, shake.

## What do Senses Do

What do senses do?

They can see, they can hear and they  
can

taste, smell, touch.

What do senses do?

The five different senses can tell  
you so much.

Can you see grass or trees?

Can you see a forest, cars or people  
talking?

Can you see birds or bees?

Can you see any animals out walking?

Sounds can be loud like a train.

Thunder is loud, and there are quiet  
sounds, too:

Like a whisper, footsteps or rain.

What kinds of sounds are special just to  
you?

What kinds of things taste sour?

Do you like salty, or do you like sweet?

There are some things that taste bitter,  
now are you thinking about the things  
you like to eat?

Is somebody baking bread?

Is somebody cooking, or is something  
burning?

What's happening in your head?

Breathe in through your nose and tell  
me

what you're learning.

Can you feel sharp or dull?

Can you feel something that is wet or  
dry?

Can you feel warm or cold?

What do things feel like when you close  
your eyes?

## Faces

What do faces tell you?  
Faces don't let feelings hide.  
Each part of your face can  
show what you are feeling inside.

What do faces show you?  
You see faces all the time.  
Each part of a face shows  
feelings just like yours and like mine.

Just look at your eyebrows.  
They move up and they can move down.  
Whatever you are feeling,  
you're showing everybody around  
how you feel inside.

Just look at your nose.  
The sides of it move in and move out.  
Whatever you are feeling  
your nose can show a little about  
what you feel inside.

Lips move all around  
to help make sounds like "ahh" and  
"ooh".

Whenever you are speaking  
you're sharing what's inside of you.

## **It's a Mistake**

It's ok, it's ok, it's ok. It's ok to make a  
mistake.

It's ok, it's a mistake, and that's  
something everyone makes,

it's just a mistake,

sometimes, we don't know how things  
will happen,

but we learn from our mistakes,

so next time we do it differently

next time we'll do it differently

because we know

It's ok,

it's just a mistake.

It's ok,

it's just a mistake.

It's ok,

it's just a mistake, it's just a mistake.

It's ok, it's a mistake, and that's

something everyone makes,

it's just a mistake,

people make them every day.

But we learn from our mistakes,  
then next time we do it differently.

Next time we'll do it differently,  
because we know.

## Hard Feelings

Hard feelings, there are hard feelings  
everybody that you know feels  
hard feelings, different hard feelings,  
but feelings come and feelings go.

Uneasy things we feel inside-  
hard things that sometimes make us cry.  
Feelings change inside us all the time.

I remember that when I'm feeling

Does the inside of your head feel hot?  
Or like a rope that has a twisted knot?

Does your stomach start to bubble  
when things are complicated, or there's  
trouble?

Disappointment, frustration  
sadness, fear or aggravation.

When things don't go the way you  
thought,

Hard feelings sometimes hurt a lot.

When it's happening, stop and say  
what it was that made you feel that way.

Take a breath, close your eyes, too.

Take some time to think,  
and try to work through your

Hard feelings, no more hard feelings,  
when the dark clouds move away.

Hard feelings, no more hard feelings,  
tell yourself you'll be okay.

Hard feelings, no more hard feelings,  
tell yourself you'll be okay.

Hard feelings, no more hard feelings,  
everything will be okay.

## **I Feel Happy**

I feel happy,

I feel free.

I have big bright feelings inside me.

My heart's jumping

with energy.

Feeling happy is so good for me!

What makes me happy?

What makes my day?

What gets me feeling this way?

I might feel happy

a short time or long,

but when I feel this

I sing a happy song!

Feeling happy

makes me glad

to have felt these feelings that I've had.

I feel happy,

I feel free.

I want you to

feel happy with me!

## **Character Traits**

Courage, honesty,

responsibility, respect and empathy.

Initiative, fairness,

optimism, perseverance, integrity.

When we learn and when we practise

character traits like these,

we build caring, strong, safe and

inclusive communities.

When we learn and when we practise

character traits like these,

we build caring, strong, safe and

supportive, compassionate,  
understanding

inclusive communities.

## Parts of a Plant

There are different parts of a plant:

Seed, root, stem,  
leaves, flower, fruit.

Each part of a plant has a purpose,

each part does what  
it needs to do (doo doo)

Seeds grow roots  
that get water and minerals  
from the soil  
down in the ground.

The stem supports the plant above  
and sends the nutrients all around.

Photosynthesis is the process  
that allows each plant to grow.

That's when chlorophyll in the leaves

gets energy from the sun,  
do you know?

Pollinators like birds and bats

and butterflies, bees and even ants  
carry pollen from flower to flower,

from the same plant

or other plants.

Fruit is what comes out of a flower,

seeds are found inside the fruit.

When the seeds get into the soil,

they start to make a

brand new root.

Seed, root, stem, leaves, flower, fruit!

## Horses

Little horses trot-a-trot-trot,  
trot-a-trot-trot,  
trot-a-trot-trot.

Little horses trot-a-trot-trot,  
little horses trot.

Medium horses gallop and gallop,  
gallop and gallop,  
gallop and gallop.

Medium horses gallop and gallop,  
medium horses gallop.

Great big horses jump so high,  
they jump so high,  
they jump so high!

Great big horses jump so high!  
Great big horses jump!

## Rainbow

I see a rainbow  
up in the sky.  
I see a rainbow,  
and I know why.

Sunlight moves through the raindrops  
and so

See seven colours,  
here is how they go:

Red, orange, yellow, green, blue, indigo  
and violet (and violet).

Do you see a rainbow  
up in the sky?

When you see a rainbow,  
do you know why?

Sunlight moves through the raindrops  
and so

you see seven colours,  
here is how they go:

Red, orange, yellow, green, blue, indigo  
and violet (and violet).

Well, we see a rainbow

because of light

moving through water,

changing from white

into these seven colours we know.

When that happens, we call it a rainbow.

## Butterfly

Butterfly flying in the sky

I wonder where you are going.

Flutter fast through the trees and grass  
and the garden where things are growing.

Wish you'd land here inside my hand,

but I know it's better for me to  
watch you dance while I have this chance  
and just be happy to be with you.

Butterfly flying by I'm happy we were together.

Hope you know as you go  
being with you just made this moment better.

## A Winter Song

Winter is a time of year when we  
can sing about the changes we might  
see.

It's different from the Spring, Summer  
and Fall.

Winter's the last season of them all.

In some parts of the world, Winter is  
cold.

Icicles and frost and winter clothes.

Snowflakes are falling down to the  
ground.

Everything's white when you look  
around.

Socks, boots and sweaters

coats, snow pants-

shovelling the snow so you can walk.

(you can walk in the snow)

Scarves, hats and earmuffs,

mittens on your hands.

See breath in the air when people talk  
(when they talk).

Winter is a time when we can sing  
about the magic that nature can bring.

Sing for the season, sing for what you  
see.

Sing a Winter song along with me  
(happy Winter).

Sing a Winter song and feel happy  
(happy Winter).

Happy Winter, everybody (happy  
Winter)!