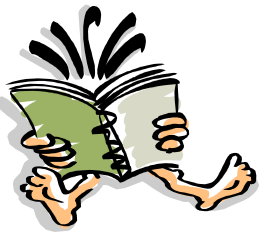


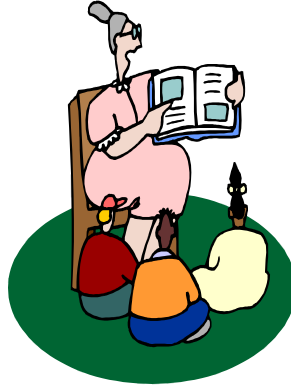
# Settle Down Poems and Songs



I wiggle my fingers,  
I wiggle my toes,  
I wiggle my shoulders,  
I wiggle my nose.

Now no more wiggles are left in me.

So I will be still,  
As still as can be.



My fingers fly,  
My fingers crawl.

My fingers clap,  
And then they fall.

My fingers climb,  
My fingers leap!

My fingers swim,  
And then they sleep.

## Big Book, Little Book by Sarah Barchas

Big books, little books - narrow and wide.  
Open the book and look inside.  
Tall books, short books - old and new.  
Waiting on a shelf is a book for you,  
For me, for you, for me, for you ...etc.  
Let's read!!



My hands on my head I place,  
On my shoulders,  
On my face,

At my waist and by my side,  
Then behind me they will hide,

Then I will raise them way up high  
And let my fingers fly, fly, fly.

Clap! Clap! Clap! And 1-2-3!  
Now see how quiet they can be.



## Count To Three

(sung to "Mary Had a Little Lamb")

Lightly tap your foot two times,  
Foot two times, foot two times  
Lightly tap your foot two times,  
Now lets count to three.

One, two, three, let's all sit down,  
All sit down, all sit down,  
One, two, three, let's all sit down,  
Gently on the ground.



## Are You Ready?

(sung to Frere Jacques)

Are you ready? Are you ready?  
Please sit down, please sit down.

Time to quiet down now,  
time to quiet down now.  
(*fingers to lips*)

Hands on laps, hands on laps.