

Use the *Tuning In* songs to help my body awareness and to encourage me to move

Card
45



Use the songs from the 'Moving to Music' set:

- *Stretch and bend and Forwards and backwards*
- *Wiggle*
- *Left, right and Up and down*
- *To and fro and Round and round*
- *Time to rest*
- now improvise songs to move to especially for me