



# Winter Music Activities

for home and in the classroom



## Communication

### Song:

*If all of the snowflakes*

### Lyrics:

If all of the snowflakes  
Were candy bars and milkshakes  
Oh what a snow that would be  
Standing outside with my mouth  
open wide  
'Ah, ah, ah, ah, ah, ah, ah, ah, ah, ah'



Lyrics underlined can be exchanged with the child's favorite food/treats. Additional changes can include using different sounds for the "ah's" like ma, ba, la, and da depending on sounds the child is currently mimicking.

## Social Emotional

### Song:

*1 Little Snowman* to the tune of 5 Little Pumpkins The Kiboomers

### Lyrics:

1 Little snowman smiling smiling  
1 Little snowman smiling smiling  
1 Little snowman smiling smiling  
1 Little snowman is happy



The lyrics underlined can be interchangeable with the different faces presented by you or images of people showing different emotions (smiling, laughing, crying) and is reflective of the emotion listed.

## Simple Math

### Song:

*5 Little Snowmen* to the tune of *Twinkle Twinkle Little Star*

### Lyrics:

5 little snowmen standing in a row  
Each with a hat and a big red bow  
Out came the sun and it stayed all  
day  
And one little snowman melted away



Sing through the song going from 5 to 0. As the student becomes more familiar with the rhyming words give pause and cue words with gestures (i.e. point to head for hat) to encourage communication.

5 Snowmen Visual

## Gross Motor

### Song:

Skating by Stephanie Leavell  
or Freeze Dance by DJ Raphi



Follow the lyrics of each song with movements and freeze when it says. During each freeze section provide appropriate sensory input (arm squeezing, hugging, holding hands) or encourage students to provide input themselves.

## Regulation/Relaxation

### Song:

Sweater by Stephanie Leavell

### Lyrics:

There's nothing better than a nice warm sweater. It's like a great big hug  
There's nothing better than a nice warm sweater. Except when it goes terribly wrong...and it's \_\_\_\_\_ (tight, itchy, tickly). There's nothing better than a nice warm sweater. It's like a great big hug Except when it goes terribly wrong  
Oh it's fine, it's perfectly fine!  
I'm wearing the comfiest sweater ever, oh good!



This song can be used to explore various sensory experiences (something tight, itchy, tickly, wet, etc.) using props. Additionally, this song could be used to regulate with the child sitting in your lap and wrapped in your arms and you can rotate between providing different tactile experiences (itching, tickling, squeezing, etc.).

## Resources

### Playlists:

[Winter Music Therapy](#)  
[Music for Kiddos Winter Music](#)

### Resources:

[Music Therapy Made Simple](#)  
[Music for Kiddos](#)

### Books:

- The Snowy Day by Ezra Jack Keats
- There Was a Cold Lady Who Swallowed Some Snow by Lucille Colandro
- Sneezing the Snowman by Maureen Wright
- Snowmen at Night by Caralyn Buehner
- Polar Bear, Polar Bear, What Do You Hear? by Bill Martin Jr. / Eric Carle

I hope you all have a wonderful winter season!  
-Emma Latham, MM, MT-BC