

Open, Shut Them

Primary Objectives

8b. Follows directions

Why It's Important

Giving your child an opportunity to slow down, focus on a song, and share a moment with you helps him manage transitions. Sharing a song with your child that can be adapted to be fast or slow, quiet or loud gives you a chance to set the tone as you lead him into the next activity.

Materials

Poster with words to "Open, Shut Them": *Open, shut them. Open, shut them. Give a little clap, clap, clap. Open, shut them. Open, shut them. Fold them in your lap, lap, lap.*

What You Do

1. Invite your child to sit with you and sing a song.
2. Hold up your hands and invite him to mimic your movements.
3. Sing "Open, Shut Them" at a pace consistent with your child's abilities. (Slow down if he needs time to make the motions while singing; speed up if he is quick to move his body with the music.) You may need to physically help him make the hand movements. Having your child sit on your lap so that you can help him move his hands and arms may be a useful strategy to try if your child needs physical assistance and wants to participate.
4. Change the tone and volume of your voice to make the song interesting. For example, you may want to whisper the last line.
5. Give your child an opportunity to sing the song to you on his own if he wishes.
6. Use this song any time your child needs to transition to a quiet activity, such as listening to a story. Encourage him to demonstrate it for a family member.