**Sensory Pack – All about me**

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| **Song** | **Action** |
| **Head, shoulders, knees and toes**[**https://www.youtube.com/watch?v=RuqvGiZi0qg**](https://www.youtube.com/watch?v=RuqvGiZi0qg) | Patting hands on mentioned body parts |
| **If you’re happy and you know it**[**https://www.youtube.com/watch?v=l4WNrvVjiTw**](https://www.youtube.com/watch?v=l4WNrvVjiTw) | **Happy (clap hands):** Tap children’s hands**Angry (stomp feet):** Tap children’s feet**Scared:** Squeeze movement on arms / shoulders**Sleepy:** calm (story massage) movement on body |
| **This is the way**[**https://www.youtube.com/watch?v=4XLQpRI\_wOQ**](https://www.youtube.com/watch?v=4XLQpRI_wOQ) | **Wash:** shower scrunchy on body**Hair**: brush on body**Teeth**: toothbrushes on body**Dressed**: Moving hands down arms**Go to school**: Walking hands on body |
| **Bath song**[**https://www.youtube.com/watch?v=CG8F-6dZk8k**](https://www.youtube.com/watch?v=CG8F-6dZk8k) | Sponge on body |
| **Brush your teeth**[**https://www.youtube.com/watch?v=wCio\_xVlgQ0**](https://www.youtube.com/watch?v=wCio_xVlgQ0) | Toothbrush / scrubbing brush on body |
| **Tommy Thumb**[**https://www.youtube.com/watch?v=Nj3QkN6mHbM**](https://www.youtube.com/watch?v=Nj3QkN6mHbM) | Tapping fingers on body during musicMassage fingers to words |
| **Relaxation**[**https://www.youtube.com/watch?v=l7DVd3nwdaw**](https://www.youtube.com/watch?v=l7DVd3nwdaw) | Relax with your child - massage their hands / feet or blow bubbles |