

# Music Therapy and More - Winter I

<p><b>Stop and Listen to Stay Safe</b></p>	<p><a href="https://www.youtube.com/watch?v=Lys8Zzr1wN4">https://www.youtube.com/watch?v=Lys8Zzr1wN4</a></p> <p>These adapted lyrics make this song perfect for keeping your child safe. Not only does it talk about safe choices but unsafe choices as well. When an unsafe choice is presented, it allows your child to come up with a safer alternative. This song can be very helpful in teaching your child to be safe anywhere including public spaces, school, driving in the car, and much more. You can also use this song to start a conversation when your child engages in something unsafe.</p>
<p><b>Going to the Market</b></p>	<p><a href="https://www.youtube.com/watch?v=maHkfrPrG6o">https://www.youtube.com/watch?v=maHkfrPrG6o</a></p> <p>This song is a fun way to encourage some healthy choices. Sing this song with your child at home while making a grocery list or even on your way to the store. Encourage your child to make healthy choices between the different types of food like fruits and vegetables. If your child is struggling, feel free to give them some choices, one healthy and one not so healthy, and see which they chose. While of course eating healthy is important so is eating and trying a variety of foods. You can also use this song to show that it's okay to sometimes eat sweets but you need to eat from all the food groups as well!</p>

<p><b>Stop and Listen to Stay Safe Adapted Lyrics</b></p> <p>Stop and listen to stay safe          Stop and listen to stay safe          Is it safe to <b>wear your seat belt?</b>          Yes Yes Yes          Yes it's safe to wear your seat belt          Is it safe to</p> <p>*words in bold can be adapted*</p>	<p><b>Going to the Market</b></p> <p>Come on let's go, come on let's go          Come on let's go to the market</p> <p>We're going to buy, we're going to buy          We're going to buy some <b>fruit</b></p> <p>I hear the vendors calling</p> <p><b>Mangos</b>  <b>Coconuts</b>  <b>Peaches</b>  <b>Strawberries</b>  <b>Apples</b>  <b>Papayas</b>  <b>Bananas</b>  <b>Grapes</b></p> <p>*words in bold can be adapted*</p>
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