

# REGULATION STATION: SENSORY DANCE PARTY

## WHAT TO EXPECT:

- HIGH ENERGY FUN FEATURING MUSIC, MOVEMENT, STORIES, AND PLAY
- ESPECIALLY DESIGNED FOR SENSORY SEEKERS 3-8 WHO MIGHT HAVE DIFFICULTY SITTING THROUGH A TRADITIONAL STORYTIME, BUT EVERYONE IS INVITED TO THIS PARTY!
- QUIET CORNER AND SENSORY FRIENDLY TOOLS (NOISE CANCELING HEADPHONES, WEIGHTED LAP PADS, FIDGETS) IF ATTENDEES FEEL OVERWHELMED

For more information, call 714-566-3072 or email [ocpl.programs@occr.ocgov.com](mailto:ocpl.programs@occr.ocgov.com)

This program is funded by support from the Samueli Foundation.



# SENSORY DANCE PARTY

## WEEK 1

HELLO SONG	MY HANDS WAVE HELLO
STRETCH	TALL AS A TREE
FINGERPLAY	ROLY POLY
STORY	JUMP, FROG, JUMP
SCARVES	POPCORN KERNELS
SCARVES	HAT, T-SHIRT, SHORTS, AND SHOES
SONG	FIVE GREEN AND SPECKLED FROGS
SHAKERS	WALKING, WALKING
SHAKERS	FREEZE DANCE
GOODBYE SONG	THE GOODBYE TRAIN IS LEAVING
BUBBLES	BUBBLE SONG

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# SENSORY DANCE PARTY WEEK 2

HELLO SONG	MY HANDS WAVE HELLO
STRETCH	BOOK STRETCH
FINGERPLAY	ROLY POLY
STORY	THE SEALS ON THE BUS
SCARVES	IF YOU' RE HAPPY AND YOU KNOW IT
SCARVES	ROW, ROW, ROW, YOUR BOAT
ACTIVITY	HOW DOES THE SEAL FEEL?
SHAKERS	I CAN SHAKE
SHAKERS	FREEZE DANCE
GOODBYE SONG	THE GOODBYE TRAIN IS LEAVING
BUBBLES	BUBBLE SONG

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# SENSORY DANCE PARTY

## WEEK 3

HELLO SONG	MY HANDS WAVE HELLO
STRETCH	TALL AS A TREE
FINGERPLAY	ROLY POLY
STORY	PETE THE CAT AND HIS FOUR GROOVY BUTTONS
SCARVES	POPCORN KERNELS
SCARVES	HAT, T-SHIRT, SHORTS, AND SHOES
ACTIVITY	THE BUTTON BOOK
SHAKERS	I CAN SHAKE
SHAKERS	FREEZE DANCE
GOODBYE SONG	THE GOODBYE TRAIN IS LEAVING
BUBBLES	BUBBLE SONG

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# SENSORY DANCE PARTY WEEK 4

HELLO SONG

MY HANDS WAVE HELLO

STRETCH

BOOK STRETCH

FINGERPLAY

ROLY POLY

STORY

POUT POUT FISH

SCARVES

IF YOU' RE HAPPY AND YOU KNOW IT

SCARVES

ROW, ROW, ROW, YOUR BOAT

SONG

SLIPPERY FISH

SHAKERS

WALKING, WALKING

SHAKERS

FREEZE DANCE

GOODBYE SONG

THE GOODBYE TRAIN IS LEAVING

BUBBLES

BUBBLE SONG

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# SENSORY DANCE PARTY WEEK 5

HELLO SONG

MY HANDS WAVE HELLO

STRETCH

TALL AS A TREE

FINGERPLAY

ROLY POLY

STORY

DOG' S COLORFUL DAY

SCARVES

POPCORN KERNELS

SCARVES

HAT, T-SHIRT, SHORTS, AND SHOES

SONG

1,2,3 DOGGIE' S GOT A FLEA

SHAKERS

WALKING, WALKING

SHAKERS

FREEZE DANCE

GOODBYE SONG

THE GOODBYE TRAIN IS LEAVING

BUBBLES

BUBBLE SONG

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# SENSORY DANCE PARTY WEEK 6

HELLO SONG

MY HANDS WAVE HELLO

STRETCH

BOOK STRETCH

FINGERPLAY

ROLY POLY

STORY

BROWN BEAR, BROWN BEAR

SCARVES

IF YOU' RE HAPPY AND YOU KNOW IT

SCARVES

ROW, ROW, ROW, YOUR BOAT

ACTIVITY

LITTLE BEAR, LITTLE BEAR FELT BOARD

SHAKERS

I CAN SHAKE

SHAKERS

FREEZE DANCE

GOODBYE SONG

THE GOODBYE TRAIN IS LEAVING

BUBBLES

BUBBLE SONG

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# Songs and fingerplays

## **My Hands Wave Hello**

My hands wave hello,

My hands wave hello,

Every time I see my friends

My hands wave hello!

My feet, elbows, knees, etc.

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# Songs and fingerplays

## Tall As a Tree

Let's stretch tall, tall as a tree

Stretch wide, wide as a house

Let's get thin, thin as a pin

and get small, small as a mouse

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# Songs and fingerplays

## Roly Poly

Roly poly, roly poly

Up, up, up! Up, up, up!

Roly roly poly, roly roly poly

Down, down, down! Down, down, down!

Roly poly, roly poly

Fast, fast, fast! Fast, fast, fast!

Roly roly poly, roly roly poly

Slow, slow, slow! Slow, slow, slow!

Roly poly, roly poly

Out, out, out! Out, out, out!

Roly roly poly, roly roly poly

In, in, in! In, in, in!

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# Songs and fingerplays

## Book Stretch

I am a book

(Arms straight out, hands together)

I open the book

(Arms out to your sides)

I close the book

(hands back together in front)

I turn the page

(alternate arms, one in front one to the side, sort of giving yourself a high five)

Repeat with legs, then do arms and legs together

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# Songs and fingerplays

## Popcorn Kernels

Popcorn kernels, popcorn kernels

In the pot, in the pot.

Shake them, shake them, shake them,

Shake them, shake them, shake them

‘Til they POP, ‘til they POP

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# Songs and fingerplays

## Hat, Shirt, Shorts, and Shoes

Hat, T-shirt, shorts, and shoes  
shorts and shoes.

Hat, T-shirt, shorts, and shoes  
shorts and shoes.

When it's hot and we go outside to play we wear  
Hat, T-shirt, shorts, and shoes

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# Songs and fingerplays

## If You're Happy and You Know It

If you're happy and you know it clap your hands!

(clap, clap)

If you're happy and you know it clap your hands!

(clap, clap)

If you're happy and you know it  
and you really want to show it

If you're happy and you know it clap your hands!

(clap, clap)

Repeat with...

...Stomp your feet (stomp, stomp)

...Shout "Hooray!" (Hooray and jump!)

Do all three (clap, clap, stomp, stomp, hooray!)

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# Songs and fingerplays

## **Row Row Row Your Boat**

Row Row Row Your Boat

Gently down the stream

Merrily Merrily Merrily Merrily

Life is but a dream.

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# Songs and fingerplays

## Walking, Walking

Walking, walking! Walking, walking!

Hop, hop, hop! Hop, hop, hop!

Running, running, running

Running, running, running

Now we stop! Now we stop!

Tiptoe tiptoe! Tiptoe tiptoe!

Hop, hop, hop! Hop, hop, hop!

Running, running, running

Running, running, running

Now we stop! Now we stop!

Marching, marching! Marching, marching!

Hop, hop, hop! Hop, hop, hop!

Running, running, running

Running, running, running

Now we stop! Now we stop!

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# Songs and fingerplays

## **I Can Shake Then I STOP**

*to the tune of If You're Happy and You Know It*

I can shake, shake, shake, then I stop

I can shake, shake, shake, then I stop

I can shake my shaker up and shake my shaker down,  
shake it all around, then I stop

I can shake, shake, shake, then I stop

I can shake, shake, shake, then I stop

I can shake my shaker here and shake my shaker there,  
shake it everywhere, then I stop

I can shake, shake, shake, then I stop

I can shake, shake, shake, then I stop

I can shake my shaker fast and shake my shaker slow,  
put it on the floor, then it stops

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# Songs and fingerplays

## The Good-bye Train Is Leaving

to the tune of *She'll Be Coming 'Round the Mountain*

Oh, the goodbye train is leaving see you soon  
Choo Choo!

Oh, the goodbye train is leaving see you soon  
Choo Choo!

Oh, the goodbye train is leaving  
The goodbye train is leaving  
The goodbye train is leaving see you soon  
Choo Choo!

And we'll say goodbye to \_\_\_\_\_ see you soon  
Choo Choo!

And we'll say goodbye to \_\_\_\_\_ see you soon  
Choo Choo!

And we'll say goodbye to \_\_\_\_\_, we'll say  
goodbye to \_\_\_\_\_, we'll say goodbye to  
\_\_\_\_\_. See you soon  
Choo Choo!

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# Songs and fingerplays

## Five Green and Speckled Frogs

FIVE green and speckled frogs,  
Sat on a speckled log,  
Eating some most delicious bugs - yum, yum!  
One jumped into the pool,  
Where it was nice and cool,  
Then there were FOUR green speckled frogs -  
glug, glug!

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# Songs and fingerplays

## 1,2,3 Doggies Got a Flea

One, two, three, doggie's got a flea,  
Doggie's got a flea and now it's on me!

One, two, three, doggie's got a flea,  
Doggie's got a flea and now it's on me!

It's on my nose, It's on my toes,

It's on my ear, it's over here

It's on my tum, it's on my thumb

It's in my hair, it's over there

One, two, three, doggie's got a flea,  
Doggie's got a flea and now it's on me!

One, two, three, doggie's got a flea,  
Doggie's got a flea and now it's on me!

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# Songs and fingerplays

## Slippery Fish

Slippery fish, slippery fish,  
Sliding through the water  
Slippery fish, slippery fish...Gulp! Gulp! Gulp!

Oh no! It's been eaten by an...Octopus, octopus,  
Squiggling in the water  
Octopus, octopus...Gulp! Gulp! Gulp!

Oh no! It's been eaten by a...Tuna fish, tuna fish,  
splashing in the water  
Tuna fish, tuna fish...Gulp! Gulp! Gulp!

Oh no! It's been eaten by a...  
Great white shark, great white shark  
Lurking in the water  
Great white shark, great white shark...Gulp! Gulp! Gulp!

Oh no! It's been eaten by a...  
Humungous whale, humungous whale  
Spouting in the water  
Humungous whale, humungous whale...Burrrrrrp! Pardon me!

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