

# The Melody Method™

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## Walk Like an Elephant



Today we are  
**Walking and Breathing Like the Animals!**  
Can you?

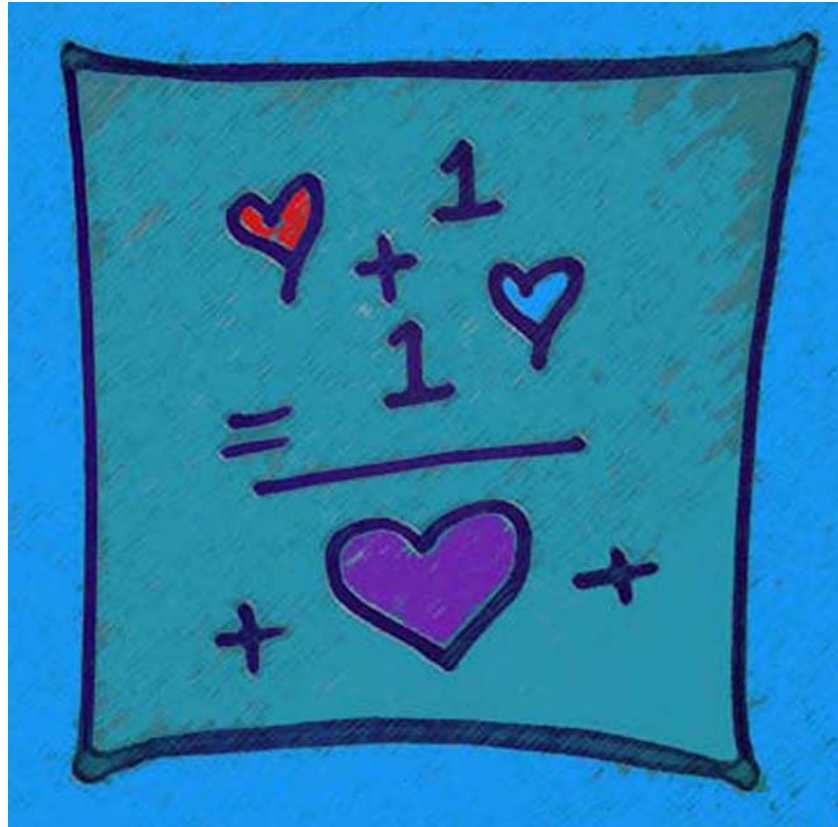
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Incorporating breathing and walking fast or slow into this easy to use, remember, and enjoy lesson. Walk Like the Elephant is an upbeat song that brings to light the imagination of children and their love of animals that toddlers will love to listen to and dance along!

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## Namaste Numbers



Today we are  
**Seeing with our Hearts!**  
Can you?

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One of the favorites of adults in the CD song collection, Namaste Numbers brings together the lessons of non-judgment, compassion, and friendship through Seeing With Your Heart this slow breathing song that uses numbers to open the hearts and minds of the children who listen to it.

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## Rainbow Song



Today we are  
**Shining Our Lights!**  
Can you?

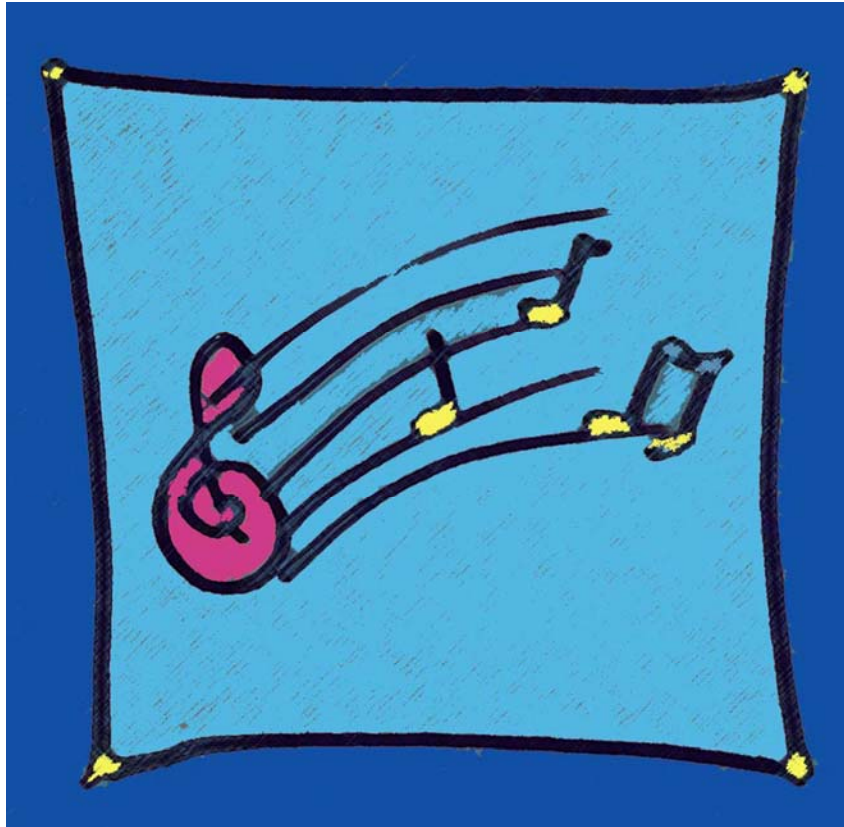
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This gentle themed song inspired from the rainbow in The Melodies logo, The Rainbow Song reminds us of the wonders of this world, while encouraging appreciation, observation, and respect for the miracles of nature in all forms through the colors of the rainbow while encouraging children to Shine Their Light to the world by shining their own unique colors!

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## Music is Poetry to Me



Today we are  
**Making Sounds that Heal the Heart!**  
Can you?

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Music is Poetry to Me has almost a slow-moving southern quality in the rhythm of the song that encourages children to find the sounds in the instruments of the world that heal and soothe their hearts while also being aware of the sounds that can hurt their hearts (and others ears.) Music is Poetry to Me teaches the power of sound to heal or harm while encouraging self-awareness and self control to create a world of harmony.

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## Thank You Song



Today we are  
**Using Gratitude to Change our Attitudes!**  
Can you?

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Can you say thank you in nine different languages?  
You will be able to after hearing this song! Along with learning  
the sign language for thank you with The Melodies in Motion movements!  
The gentle rocking rhythm and repetition of The Thank You Song lesson reminds children  
that Gratitude Can Change Your Attitude and that doing so is as simple as saying  
thank you in appreciation for a hug or a smile!

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## Tree Song



Today we are  
**Getting Grounded!**  
Can you?

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Being grounded in this go- go- go world can be a challenge!  
The Tree Song teaches easy grounding techniques  
in a fun song with a slow steady beat that brings to light the  
tree visual as they Grow Up So High and Go Down So Low  
to firmly rooted like a tree.

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## Feelings



Today we are  
**Feeling our Feelings!**  
Can you?

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This fast-paced, fun, upbeat song brings to light the vibrancy of Feelings in all forms, encouraging children to really feel their feelings in a safe, healthy way that can restore the balance of any situation, encourage self-esteem, self resiliency, and confidence in an otherwise stress or intense situations.

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## Can You Be a Butterfly?



Today we can **Imagine it First!**  
Can you?

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Use your imagination. Can you be a butterfly?  
Spirits store in this slow moving almost lullaby song  
that lulls children into a rhythmic state  
of fantasy and creativity. Strengthening the imagination muscles  
with the power of visual, audio, and material images,  
Can You Be a Butterfly helps children's mind body and spirit soar.



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## Expression



Today we are  
**Expressing Ourselves!**  
Can you?

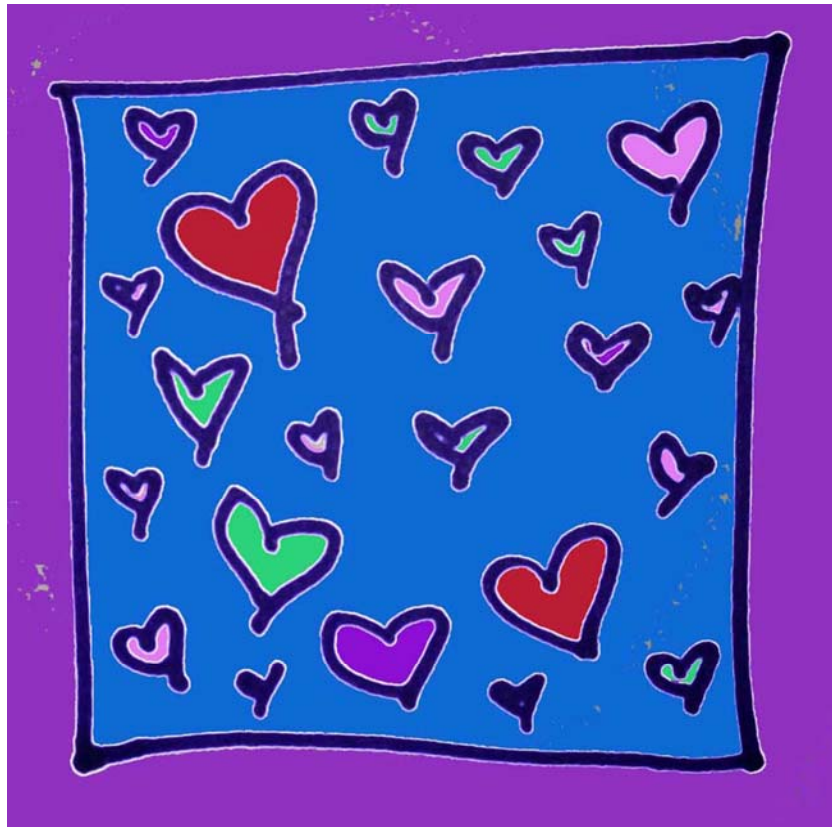
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Teaching the names and genres of famous painters, Expression encourages the freedom to be an individual in a wavelike rocking rhythmic song that brings to light the creativity of the Masters, teaching positive self expression through art in whatever form, genre, shape or place it shows up in life. Art truly is the honest expression of the self. This song reminds us all that We are Best When We Express Ourselves!

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## A Love Song



Today we are  
**Choosing Love Instead!**  
Can you?

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We are learning the Power of Words, the difference between Words of Love or Words that Hurt, and how to use them to solve conflicts, increase our empathy, and show kindness to others in this soothing song where we help all feel loved.

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## This Little Bird



Today we are  
**Sitting Like the Little Bird!**  
Can you?

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Inspired by the seagulls who sit so still on the beaches of Lake Michigan even during the worst storms, this slow-moving song about a little bird teaches the Sit So Still lesson in a story like fashion with lots of alliterations to help children practice self-control, good posture, balance, and keeping calm and centered in life, no matter what storms rage around them!

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## How High Can You Fly?



Today we are  
**Finding Time to Stretch!**  
Can you?

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This sweet lullaby of a song ends The Melody CD on a high note, encouraging imagination and connection with the natural strength of trees to promote stretching, flexibility, and balance. A perfect way to wind down children into a state of relaxed action, facilitating self-control and body awareness, and positive self-image.