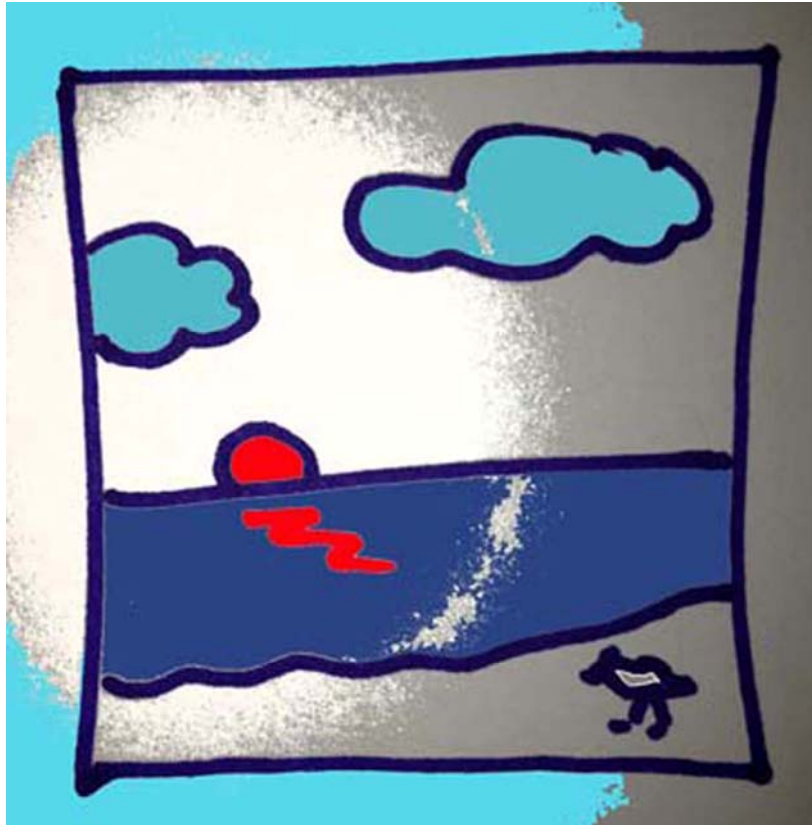


The Melody Method™

This Little Bird



Today we are
Sitting Like the Little Bird,
can you?

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!

www.melodies4kids.com