

# DO IT YOURSELF RHYME TIME: MINDFULNESS

## Tucker the Turtle Song

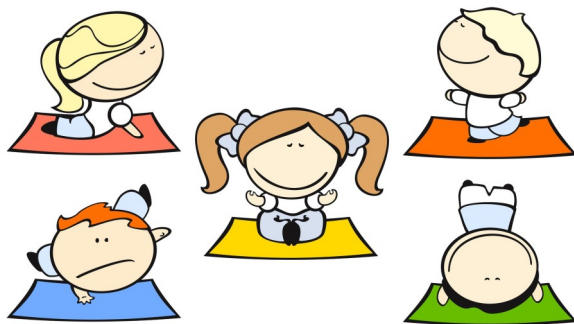
sung to "Sally the Camel"

Tucker the Turtle was (pause) angry  
Tucker the Turtle was (pause) angry  
Tucker the Turtle was (pause) angry  
Calm down, Tucker, calm down!

Tucker the Turtle will (pause) stop quick  
Tuck in his shell and (pause) breathe deep  
Three deep breaths he (pause) does take  
Breathe, Tucker, breathe!

Tucker the Turtle pops (pause) back up  
Tucker the Turtle is (pause) calm now  
He thinks of sol-utions Hooray,  
Tucker, hooray!

Source: Department of Human Development  
& Family Studies Iowa State University



## Mind Full, or Mindful?



## Stretch Up High

Stretch up high; stretch down low.  
Raise your arms and away we go.  
Make a circle in the air.  
Sweep your arm all around,  
now the other — do the same.  
And jump off the ground.

## I Wiggle

I wiggle my fingers, I wiggle my  
toes. (do the motions and stop)  
I wiggle my shoulders, I wiggle my  
nose. (do the motions and stop)  
Now, no more wiggles are left in  
me. (whisper)  
So I will be still as still can be.



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