



## Songs and Chants

### How Do I Use This Tool?

Singing songs, reciting rhymes, or doing finger plays during times of transition helps time pass more quickly and gives children something to do while waiting for new activities to start. Playing the same music or singing the same song when it is time to start something new helps children move more easily from one activity to another. This is especially important for children who have been exposed to trauma. This section's Songs and Chants with Words printable offers some ideas for songs and rhymes to use for this purpose.

