

## ■■ Rainstorm Sound Activity — Script Card

Intro: “Let’s make a rainstorm together—just copy me!”

Build the Storm

1. Rub hands → “Gentle wind”
2. Snap/tap fingers → “Light drizzle”
3. Clap softly → “Rain falling”
4. Slap thighs → “Heavy rain”
5. Stomp feet → “Thunderstorm!”

Calm the Storm (reverse order)

Stomps → Thighs → Claps → Snaps → Rub hands → Silence

Closing: “Listen... the storm has passed. Together we made something amazing!”

■ Tip: Hold your hand up high when it’s time for each sound to stop/change.

## ■■ Finger Breathing — Script Card

Intro: “Now let’s calm our bodies and get ready to focus.”

### ■ Method 1: Five-Finger Breathing

1. Hold up one hand like a star.
2. Trace up thumb → breathe IN.
3. Trace down thumb → breathe OUT.
4. Continue up & down each finger → in on the way up, out on the way down.
5. Finish all 5 fingers = 5 slow breaths.

### 👉 ■ Method 2: Finger Taps (great for younger kids)

1. Place one hand flat in lap.
2. Tap each finger with the other hand.
3. Say in your head: 'Breathe in' (thumb), 'Breathe out' (pointer)... until pinky.
4. Repeat once or twice until calm.

Closing: “See how we can calm our bodies anytime, just by using our fingers and our breath?”