



SONGS & ACTIONS TO HELP CHILDREN TO RECONNECT, REGULATE & JUST BE



Music & Performance by Chrissy Sykes | Lyrics by Deborah J Crozier



'Welcome to the River Room Songbook'

Meet our friends



Relaxed River

Welcome to the
River Room Songbook,
where big feelings are
always welcomed,
and so are you.



Calm Cal

"Hi, My names Calm Cal.
I'm here to remind you to
take a breath. Breathing
is perfect for calming
down"



Friendly Flutter

"Hi there, I'm Friendly Flutter.
Come tap along with me!
Tapping gently on special points
can help those feelings move and
let us feel better."

'Welcome to the River Room Songbook'

Meet our friends



Gentle Gemma

"Hi, I'm Gentle Gemma,
reminding you to nurture
yourself with a calming heart
and tummy hold."



Sensitive Spike

"Hi, I'm Sensitive Spike.
Together we can learn to
Recognise, Accept, Investigate
and Nurture our feelings
with care."



Brave Bella

"Hello, I am Brave Bella.
I'm here to remind you just
how very special you are."



"Hey there!
I'm River...
My friends & I
would like to say..."



'Welcome to the River Room Songbook'

This collection of songs has been lovingly created to support children's emotional regulation, build confidence, and nurture a sense of safety and connection. Each song includes simple, intentional actions designed to help calm the nervous system, encourage self-expression, and strengthen self-awareness in a fun, engaging way.

Whether used in a therapeutic setting, a classroom or a quiet moment at home, these songs are intended to gently guide children toward feeling more grounded, confident, and connected - to themselves and to others.

Music & Performance by Chrissy Sykes

Lyrics by Deborah J Crozier

Artwork by Chrissy Sykes and Deborah J Crozier

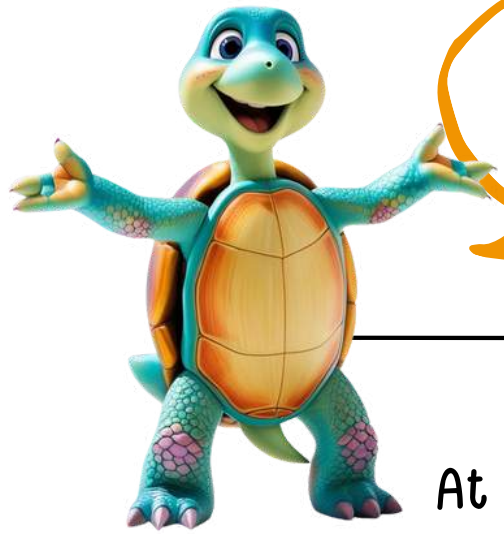
I'm flutter"



This is a free resource provided by A Positive Start CIC & MBIMB.ORG for non-commercial, therapeutic and education purposes only.

We hope the River Room Songbook brings warmth, rhythm, and a positive start to your day.





"Let me tell
you
a little..."



About the River Room Songbook

At the River Room, we believe that music has the power to calm the mind, connect with the heart, and help children navigate their emotions in healthy ways. Our emotional regulation songs are designed to support children in understanding and managing their feelings, while also promoting relaxation and mindfulness.

Each song is carefully crafted to include calming rhymes, gentle melodies, and interactive actions that help children stay grounded and focused. Through playful lyrics and simple movements, your child will learn essential tools for emotional self-regulation, like deep breathing, positive thinking and body awareness.

The songs in the River Room are not just about listening; they're an invitation for your child to engage, connect with their body and practice the skills needed to stay calm, focused and emotionally balanced. Whether your child is feeling overwhelmed, anxious or simply in need of some quiet time, these songs offer a gentle way to support their emotional wellbeing.

"Hey!
How are you?
I'm Cal



We're excited to share these special songs with you, and we hope they bring joy, peace and emotional strength to your child's play.



Song No. 1

Purpose of 'I am Special'

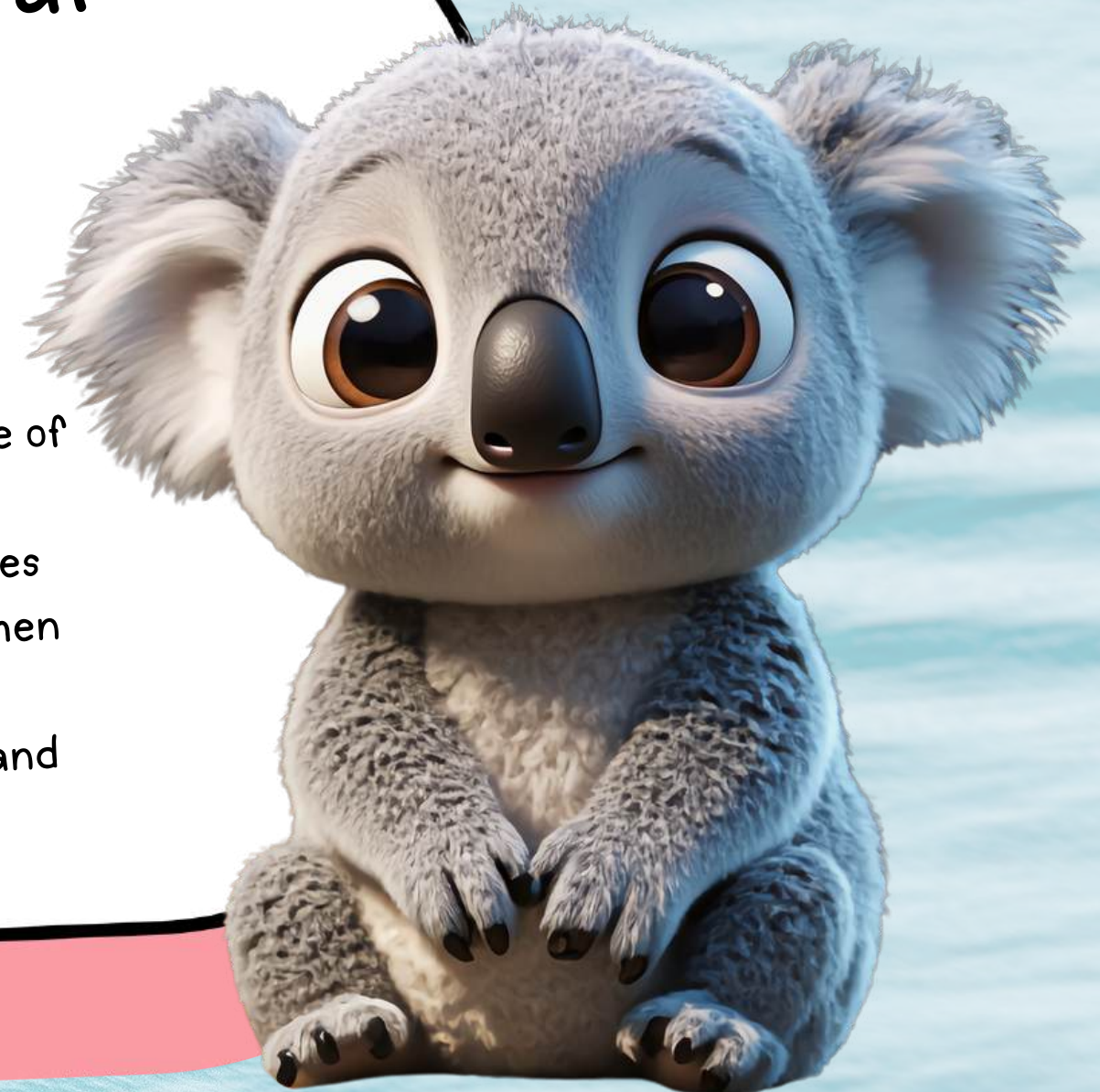


Theme:

Self-Compassion, kindness, and confidence

Why it matters:

This song helps children build a positive sense of self by encouraging loving self-talk and recognising their own worth. It gently nurtures compassion - first towards themselves and then towards others. It's especially helpful for boosting self-esteem, emotional resilience, and confidence in sensitive or anxious children.





Introduction to 'I am Special'



A song about self-worth, compassion and confidence.

“Before we sing, place your hand on your heart - Can you feel it beating? That’s your one-of-a kind heart. This song is a little reminder that you are special, just as you are - and when we are kind to ourselves, it’s easier to be kind to others too. Everyone join in, grown-ups too -
Let’s sing it out with love!”





ACTIONS

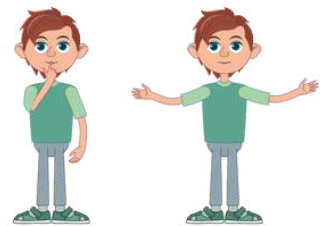
Suggested Actions for Song *"I Am Special"*

These gentle, easy-to-follow actions are designed to support emotional regulation, body awareness, and confidence.

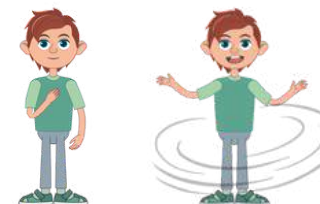


Verse 1 Actions

("The words I say when I start my day")

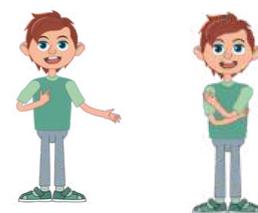


Tap your lips gently with one finger,
then open arms wide like a sunrise



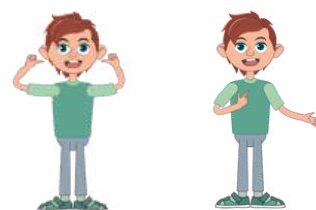
("Help me feel good in every way")

Place hands on your heart, then do a little joyful spin



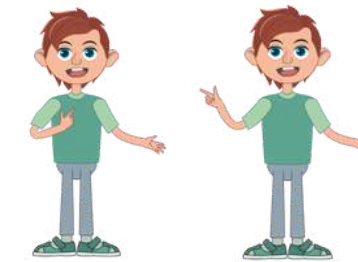
("I'll speak with love and I will be")

Mime speaking with one hand,
then cross arms over your chest in a hug



("A friend to myself – you'll see")

Point to yourself with both thumbs,
then gesture out to the group



Chorus Actions

"I am special, you are too,"

Point to yourself, then to someone else



"We all matter, me and you!"

Hold hands out in a big circle gesture



"Kindness grows when we all share"

Mime giving something with two hands



"Smiles and love everywhere"

Make a big smile and draw a heart shape
in the air with your fingers



ACTIONS

Suggested Actions for Song *"I Am Special"*

These gentle, easy-to-follow actions are designed to support emotional regulation, body awareness, and confidence.



Verse 2 Actions

("When I make mistakes, I'll understand,")

Shrug your shoulders, then place a hand on your heart



("And try again – that's the plan!")

Mime trying again with a determined fist-pump



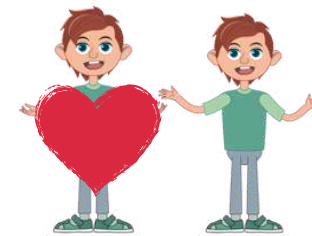
("Learning helps me grow each day,")

Reach up high like you're growing tall



("Being kind shows me the way.")

Gently point outward as if showing a path



Verse 3 Actions

("Be kind – and you will see")

Make a heart with your hands, then mime looking ahead

("t starts with being kind to me")



Point to your heart and smile

("My heart and mind – so happy")

Place one hand on your heart and the other on your head, then wiggle with joy



("That's the way it's meant to be")

Open arms wide like a big embrace or "ta-da!"





"I AM Special" Lyrics

Verse 1

The words I say when I start my day,
Help me feel good in
every way
I'll speak with love and I
will be
A friend to myself - you'll see

Chorus

I am special, you are too,
We all matter, me and you!
Kindness grows when we
all share,
Smiles and love everywhere

Verse 2

When I make mistakes,
I'll understand,
And try again - that's the
plan!
Learning helps me grow
each day,
Being kind shows me the way

Chorus

I am special, you are too,
We all matter, me and you!
Kindness grows when we
all share,
Smiles and love everywhere

Verse 3

Be kind - and you will see,
It starts with being kind
to me,
My heart and mind -
so happy
That's the way it's meant
to be

Chorus

I am special, you are too,
We all matter, me and you!
Kindness grows when we
all share,
Smiles and love everywhere

Repeat

Chorus

Let's Sing
It



Purpose of 'Breathe like the Breeze'

Song No. 2

Theme:

Calm, breath awareness, grounding



Why it matters:

This soothing song introduces children to breathwork as a simple and powerful calming tool. Using nature imagery, it helps them slow their breathing, feel their body, and gently regulate their emotions. It's perfect for transitions, calming down after excitement, or easing anxiety.



Introduction to 'Breathe like the Breeze'



A gentle breathwork song to calm the body and mind.

“Let’s imagine we’re standing by a calm river or under a tree on a quiet day. When the wind moves through the leaves, it’s soft and slow - just like our breath can be. Let’s all stand tall like trees, feet firmly planted on the ground. Place one hand on our tummy and the other on our chest, and get ready to sway and breathe like the breeze”





ACTIONS

Suggested Actions for Song "Breathe Like the Breeze"
This song helps us use our breath and our body to settle down and feel safe.



Gentle Floating Movements

Chorus Actions



("Inhale....Breathe like the breeze")

Deep breath in, Raise arms,
and body up, & sway from side to side



("Flow like a river")

Wave hands from left to right like a flowing river motion



("Inhale.... Breathe like the breeze")

Deep breath in, raise arms and body up,
& sway from side to side

("Chill like a shiver -whoosh... inhale)



Arms down by side,
sway whole body like a wiggly snake

Verse 1 Actions



("I breathe in slow like the wind through the trees")

Slowly raise your arms up as if they're leaves in the wind



("Out through my mouth like a whispering breeze")

Float your hands down gently as you exhale

("I count to four then out for the same")



Tap four fingers on one hand,
then the other to match the breathing rhythm

("Breathing this way helps me quiet my brain")



Place hands gently on your head,
then lower them to your heart

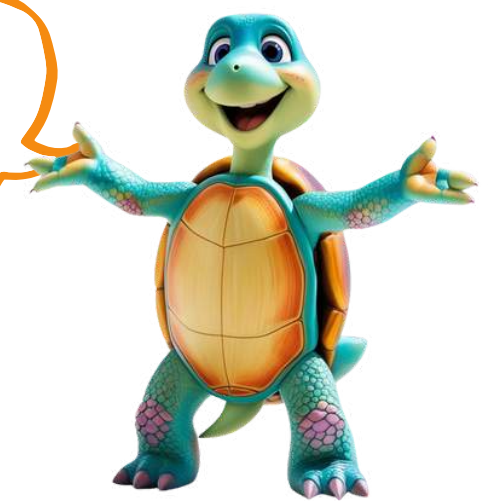




ACTIONS

Suggested Actions for Song "Breathe Like the Breeze"
This song helps us use our breath and our body to settle down and feel safe.

Let's
Do It



Gentle Floating Movements

Verse 2 Actions



("Stretch like the sky, soft like a feather")

Reach arms up high,
then flutter fingers down like feathers,



("We calm ourselves in any kind of whether")

Make soft raindrop fingers,
then a sun shape above your head



("Wiggle our fingers, wriggle our toes")

Wiggle fingers high,
then bend knees slightly and wriggle toes



("Take a deep breath and let it all go")

One big breath in with arms up,
and let it all go with a sigh and arms down...



Verse 3 Actions

("Stretch like the sky, soft as a feather")

-Reach arms up high,
then flutter fingers down like feathers,



("We calm ourselves in any kind of whether")

Make soft raindrop fingers, then a sun shape above your head



("Wiggle our fingers, wriggle our toes")

Wiggle fingers high,
then bend knees slightly and wriggle toes



("Take a deep breath and let it all go")

One big breath in with arms up, and let it all with a sigh and arms down...

Sway in and out to fade



Breathe Like The Breeze

Lyrics

Chorus



Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 1

I breathe in slow like the wind through the
trees...
Out through my mouth like a whispering breeze...
I count to four,
then out for the same,
Breathing this way, helps me quiet my brain

Chorus



Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 2

Stretch like the sky, Soft as a feather,
We calm ourselves,
In any kind of weather,
Wiggle our fingers,
Wriggle our toes,
Take a deep breath....
And let it all go (soft exhale together)

Chorus



Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 3

Stretch like the sky,
Soft like a feather,
We calm ourselves,
In any kind of weather,
Wiggle our fingers,
Wriggle our toes,
Take a deep breath....
And let it all go...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Breathe ...

Let's Sing
It



Purpose of 'Tapping Song'

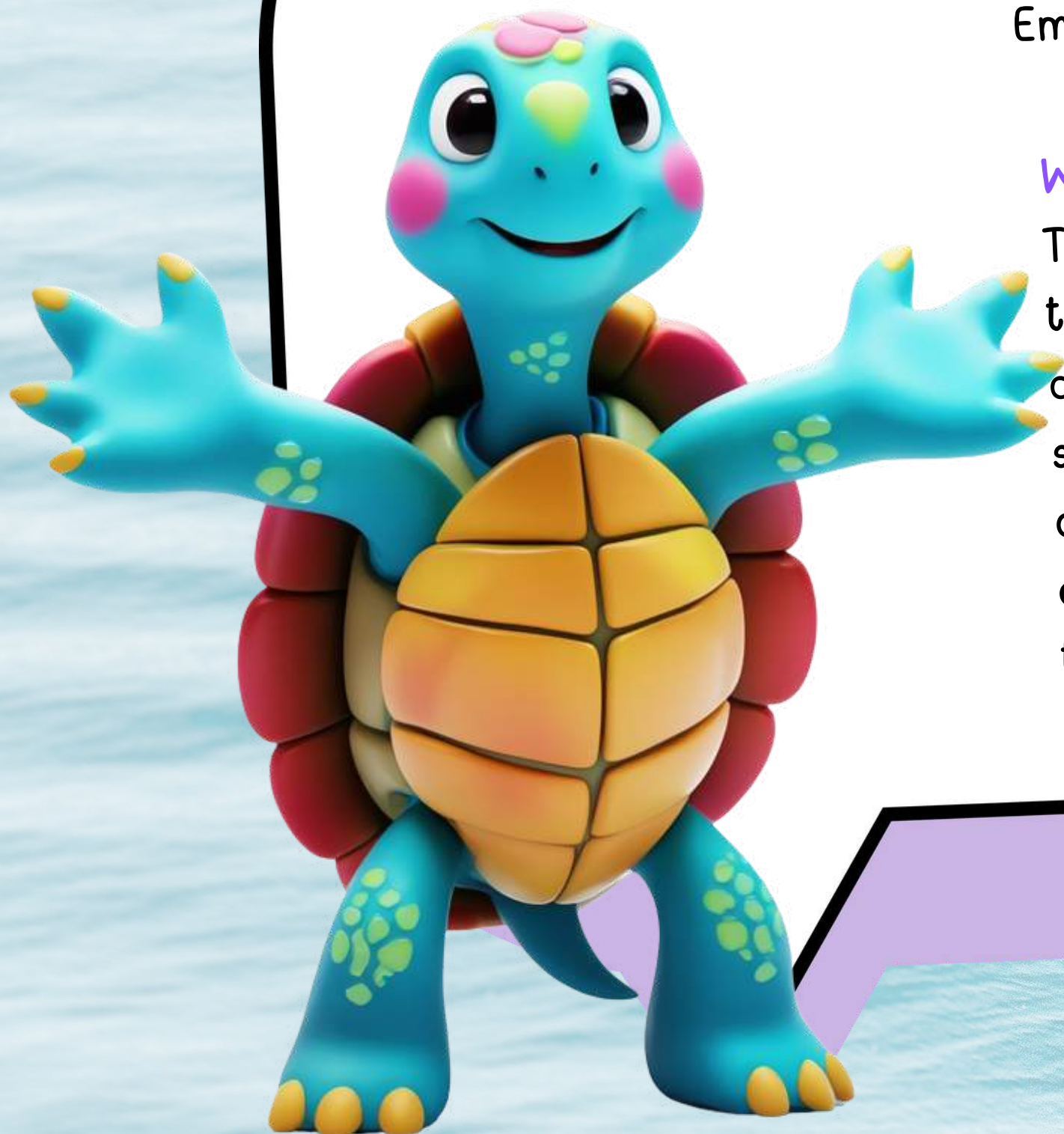
Song No. 3

Theme:

Emotional Freedom Technique (EFT), acupressure

Why it matters:

This playful song introduces children to EFT tapping - a safe, body-based way to let go of stress or big feelings. By tapping on specific points on the face and body, children learn they can release stuck emotions, feel more in control, and calm their nervous systems.



Introduction to 'Tapping Song'



This song introduces EFT (Emotional Freedom Technique) through fun and movement.

“Sometimes big feelings get stuck in our bodies - and that’s okay. Tapping gently on special points can help those feelings move and let us feel better. The Tapping song will show you where to tap, and you can follow along with your fingers and your voice. Let’s tap and sing together!”





ACTIONS

Suggested Actions for Song TAPPING SONG This song helps us use our breath and our body to settle down and feel safe.

Fun Dance Moves



Verse 1 Actions



Intro - Swing your pants!

Holding trousers just above knees
while swaying from side to side x 6



("When I'm feeling Sad")

Head down, Beyonce type finger point to the floor

("When I'm feeling blue")



Arms wrapped around chest in a self-hug & sway

("I sing my tapping song, and I know just what to do")

Tap four fingers on one hand, then the other - repeat

("Sometimes I get angry")



March on spot in a stomp

("Makes me wanna shout")



Clasp hands around mouth –

mimic shouting to left side then right side

("So I tap, tap the top of head, til the angers all tapped out")



Tap top of head, then Jazz hands to sides



Chorus Actions

("Tap-tap-tapping song")

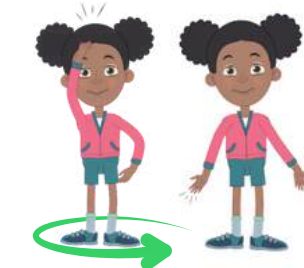
Tap left hand x 4 then right hand x 4 -repeat



("Feelings Come and Feelings go")

Roll hands over each other towards self,
and then away from self

("I tap to set them free")



Turn around whilst tapping top of head,

Jazz hands into next verse





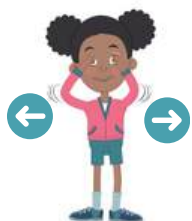
Suggested Actions for Song TAPPING SONG This song helps us use our breath and our body to settle down and feel safe.

Fun Dance Moves

Verse 2 Actions

*("When I'm feeling teary,
and sadness fills my eyes")*

Make two fists and rub eyes
as though crying,
turning from side to side



("I tap my brow")

Tap left brow



("Side of my eye")

Tap right side of eye



("then I say goodbye")

Wave both hands



Verse 3 Actions

("When I'm feeling nervous")

Cross hands over knobbly knees



("and butterflies are flying")

Jazz hands up to, and hold tummy, wiggle waist



("I tap under my nose, and my chin")

Tap under nose with left hand,
then under chin with right hand



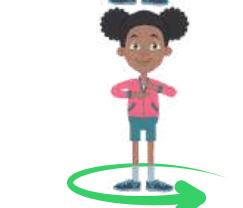
("and then I'm back to smiling")

Big smile - stretch arms out from mouth to sides



("I tap upon my chest, I feel my heart beat slow")

Walk around tapping chest.....



("under my arms - deep breath in")

Deep breath in tapping under one arm then the other



("now I'm ready, lets go")

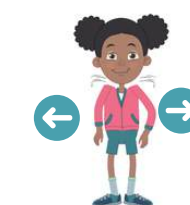
Running motion with arms at either side



Verse 4 Actions

("When I feel uncertain")

Shrug shoulders turning left,
then right



("and don't know what to do")

Shrug shoulders in centre
facing forwards



*("I tap the side of my hand
and find my courage to")*

Tap side of left hand x 4.
right hand x 4



Repeat Chorus Actions

Repeat Chorus Actions



Tapping Song Lyrics

Verse 1

When I'm feeling sad,
When I'm feeling blue,
I sing my tapping song,
and I know just what to do..
Sometimes I get angry,
it makes me wanna shout,
So I tap, tap the top of head,
till the angers all tapped out...

Chorus

Tap-tap-tapping song,
Tap along with me,
feelings come and feelings go,
I tap and set them free..

Verse 2

If someone makes me teary,
And sadness fills my eyes,
I tap my brow, side of my eye,
then I say goodbye...

Chorus

Tap-tap-tapping song,
Tap along with me,
feelings come and feelings go,
I tap and set them free..

Verse 3

When I'm feeling nervous,
and butterflies are flying,
I tap under my nose and my chin,
then I'm back to smiling..
I tap upon my chest,
I feel my heart beat slow,
Under my arm, a deep breath in,
Now I'm ready - lets go...

Chorus

Tap-tap-tapping song,
Tap along with me,
feelings come and feelings go,
I tap and set them free..

Verse 4

And if I feel uncertain,
Or don't know what to do,
I tap the side of my hand,
and find my courage to...

Chorus and Repeat

Tap-tap-tapping song,
Tap along with me,
feelings come and feelings go,
I tap and set them free..

Let's Sing
It



Purpose of 'Heart & Tummy Hold'

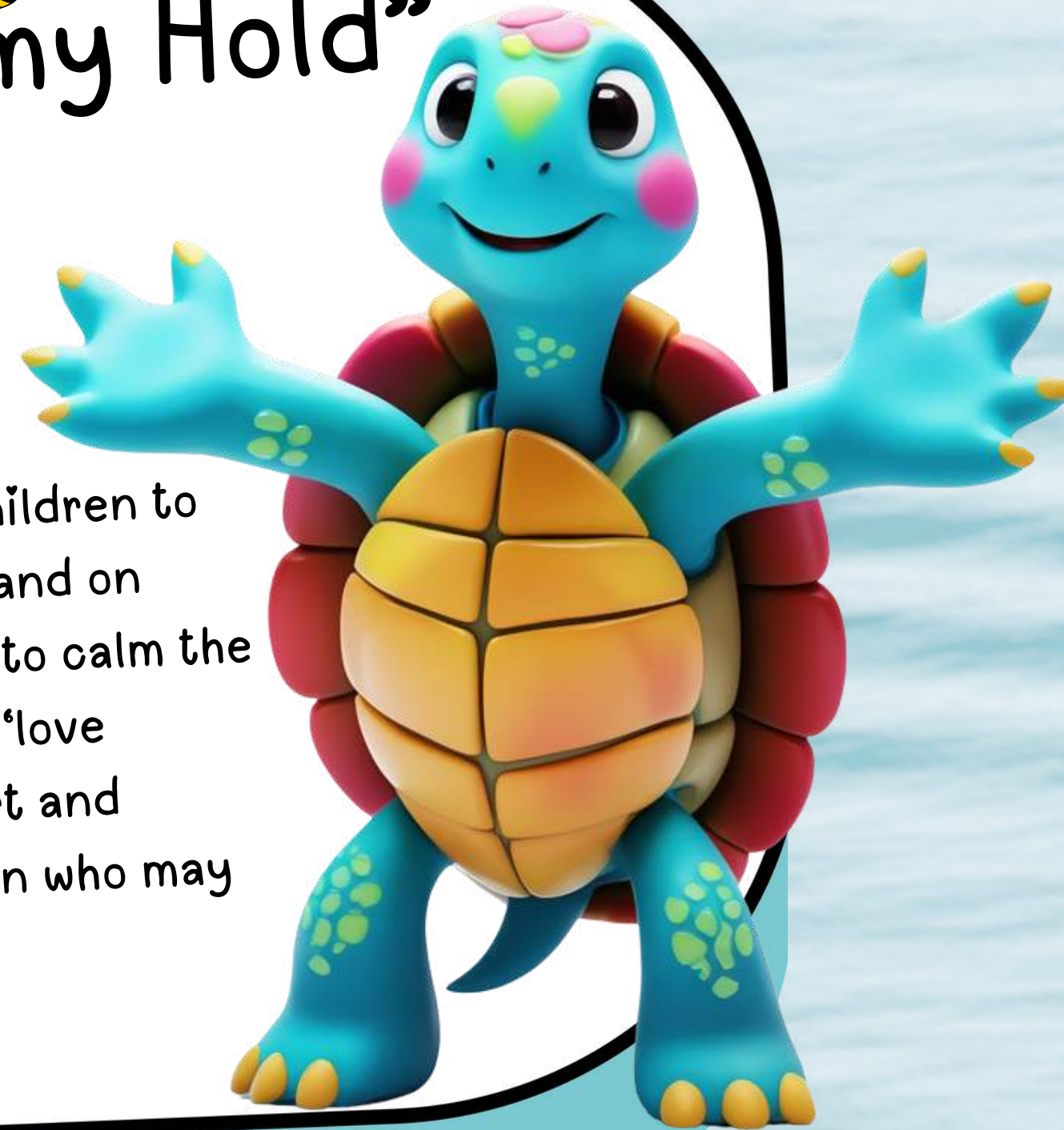
Song No. 4

Theme:

Self-soothing and body connection

Why it matters:

This gentle touch-based song teaches children to place one hand on their heart and one hand on their tummy. This technique is believed to calm the nervous system, increase oxytocin (the 'love hormone'), and bring feelings of comfort and safety. It's especially useful for children who may feel overwhelmed or disconnected.



Introduction to 'Heart & Tummy Hold'



A self-soothing practice to help calm our nervous system.

“This song is like a soft hug you give yourself. When we place one hand on our heart and one hand on our tummy, we help our body feel safe and cared for. If you’re feeling worried, sad or just tired - this song is for you. Let’s get ready to hold ourselves with love and kindness”





ACTIONS

Suggested Actions for Song Heart and Tummy Hold.
This song helps us use our breath and our body to settle down and feel safe.



Fun Dance Moves



("Do, do-do-do - Yeah,,,, Do do-do-do")

Both hands up, palms outwards
waving back and forth



Verse 1 Actions

("One hand on my heart")

Place one hand gently on your chest.



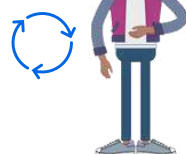
("And the others on my tummy")

Place your other hand gently on your belly.



("Helps me feel calm")

Take a slow, deep breath in and out.



("When my tummy's feeling funny.")

Rub your tummy gently in a circle



Chorus Actions

("Heart & Tummy hold")

Place one hand on your heart and the other on your tummy.

("It's the hug that makes me bold")

Close your eyes and smile gently, standing tall

("Heart & Tummy hold")

Place one hand on your heart and the other on your tummy.

("Warms me up when I feel cold")

Give a little shiver and then wrap your arms around yourself.

("Heart & Tummy hold")

Place one hand on your heart and the other on your tummy.

("cos I'm never too old... for a Heart.....& Tummy hold")

Nod your head slowly, holding your position

Take one last deep breath and smile





Suggested Actions for Song Heart and Tummy Hold.
This song helps us use our breath and our body to settle down and feel safe.



Fun Dance Moves

Verse 2 Actions

("When no one else is near")

Look side to side as if checking,
then return gaze forward.

("And I'm feeling kinda scared")

Hold your arms in a gentle self-hug.

("My heart and tummy hold")

Place one hand on heart, one on tummy.

("Keeps me calm, I feel prepared.")

Take a deep breath and stand tall with soft
shoulders.

"Do, do-do-do - Yeah,,,, Do do-do-do")

Both hands up, palms outwards
waving back and forth

Chorus Actions

("Heart & Tummy hold")

Place one hand on your heart and the other on your
tummy.

("It's the hug that makes me bold")

Close your eyes and smile gently, standing tall

("Heart & Tummy hold")

Place one hand on your heart
and the other on your tummy.

("Warms me up when I feel cold")

Give a little shiver
and then wrap your arms around yourself.

("Heart & Tummy hold")

Place one hand on your heart
and the other on your tummy.

("cos I'm never too old... for a Heart.....& Tummy hold")

Nod your head slowly, holding your position
Take one last deep breath and smile



Heart and Tummy Hold Lyrics

Verse 1

One hand on my heart,
and the other on my tummy,
Helps me feel calm
when my tummy's feeling funny..

Verse 2

When no one else is near,
And I'm feeling kinda scared,
My heart and tummy hold
Keeps me calm, I feel prepared.

Chorus

Heart & Tummy hold,
It's the hug that makes me bold
Heart & Tummy hold,
warms me up when I feel cold...
Heart & Tummy hold,
cos I'm never too old... for a Heart....
& Tummy hold

Chorus

Heart & Tummy hold,
It's the hug that makes me bold
Heart & Tummy hold,
warms me up when I feel cold...
Heart & Tummy hold,
cos I'm never too old... for a Heart....
& Tummy hold



Song No. 5

Purpose of 'RAIN'



Theme:

Mindful emotional processing by Tara Brach

Why it matters:

This song introduces the RAIN technique - Recognise, Accept, Inquire, Nurture - in a child-friendly way. It supports emotional intelligence by teaching children to name and explore their feelings without shame, and to respond with kindness rather than criticism. It's a wonderful way to help them feel seen, supported, and safe with their inner world.



Introduction to 'RAIN'



A mindfulness song for recognising and working with tough emotions.

“Sometimes we feel angry, sad, scared or confused. That’s okay. This song is about learning to notice those feelings - like drops of rain - without pushing them away. We can learn to Recognise, Accept, Investigate and Nurture our feelings with care. Let’s explore the RAIN together”





ACTIONS

Suggested Actions for Song RAIN.

This song helps us use our breath and our body to settle down and feel safe.

Fun Dance Moves



Chorus Actions



("Let the RAIN fall, gentle and slow")

Wiggle fingers down from above your head like falling rain.



("It helps me learn, it helps me grow")

Bring both hands to your heart, then stretch your arms up like a plant growing.



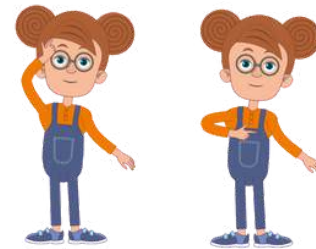
("Feelings come and feelings go")

Roll hands in and out in front of your body – then like clouds floating by



("RAIN helps me feel and let them flow")

Sway side to side gently, arms moving like a wave.



Verse 1 Actions

("R is for Recognise – what's going on inside?")

Point to your head, then to your chest



("Happy, sad, or angry – I don't have to hide")

Make expressive faces,

then cover and uncover your face with your hands playfully



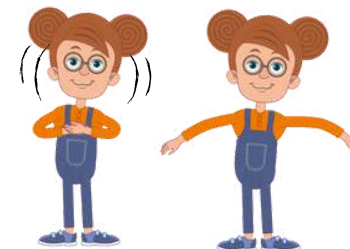
("A is for Allow it – let the feeling stay")

Place both hands gently over your heart and hold them there



("It's okay to feel it – I know I'll be okay")

Nod head with a reassuring smile, then stretch arms out wide like a big hug.





ACTIONS

Suggested Actions for Song RAIN.

This song helps us use our breath and our body to settle down and feel safe.

Fun Dance Moves



Verse 2 Actions

("I is Inquire — what do I need?")

Tap your chin gently while thinking.



("A hug? A breath? Some space for me?")

Wrap arms around yourself (hug), take a deep breath
(hands rise with inhale, fall with exhale),



("N is for Nurture — be kind and true")

Stroke your arm gently
or place a hand on your cheek lovingly.



("Say kind things to me like I'd say to you")

Point to yourself, then to a friend,
as if sharing kind words.



Chorus Actions

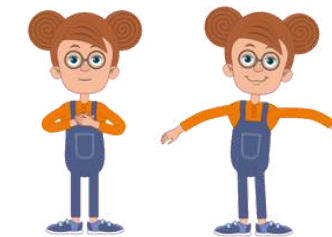
("Let the RAIN fall, gentle and slow")

Wiggle fingers down from above your head
like falling rain.



("It helps me learn, it helps me grow")

Bring both hands to your heart,
then stretch your arms up like a plant growing.



("I breathe, I feel, I talk, I heal")

Inhale deeply, touch chest, mimic speaking,
open arms as if releasing or healing.



("RAIN helps me feel and let them flow")

Sway side to side gently, arms moving like a wave.

RAIN Lyrics

Chorus

Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 1

breathe in slow like the wind through the trees...
Out through my mouth like a whispering breeze...
I count to four,
then out for the same,
Breathing this way, helps me quiet my brain

Chorus

Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 2

Stretch like the sky, Soft as a feather,
We calm ourselves,
In any kind of weather,
Wiggle our fingers,
Wriggle our toes,
Take a deep breath....
And let it all go (soft exhale together)

Chorus

Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 3

Stretch like the sky,
Soft like a feather,
We calm ourselves,
In any kind of weather,
Wiggle our fingers,
Wriggle our toes,
Take a deep breath....
And let it all go...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Breathe ...

Let's Sing
It



Song No. 6

Purpose of 'STAND'

Theme:

This Song supports: Emotional Regulation, impulse control. Mindfulness, and body awareness. Confidence in inner signals (like a flipping tummy or tight chest).
Developing self-trust and compassionate decision making

Why it matters:

The STAND song is designed to teach children a practical and empowering way to regulate emotions and trust themselves - especially in moments of overwhelm, conflict, or excitement.

The acronym STAND stands for:

S-Stop: Pause and take a breath before reacting

T -Think: Reflect on how to respond with care

A -Act: Make a choice that's kind to self and others

N- Never,

D-Doubt: Honour your feelings - they guide you





Introduction to 'STAND'



*A grounding song to support emotional regulation,
boundaries and self-trust*

“STAND is a superpower word! It helps us pause, think, and choose how to act, especially when we feel overwhelmed or excited. This song teaches us how to stop, think, act with kindness, and never doubt our feelings.

Let's STAND tall, sing loud and move with confidence”





ACTIONS

Suggested Actions for Song STAND.

This song helps us use our breath and our body to settle down and feel safe.

Fun Dance Moves



Chorus Actions

("S is for STOP when I'm feeling wild")



Hold up one hand like a stop sign,
then rest both hands over your heart.



("T is for THINK — I'm a mindful child")

Tap your temple gently and smile



("A is for ACT — with kindness and care")

Mime giving something gently with both hands.



("N for NEVER, D – don't doubt what I share")

Shake your head gently and place a hand on your chest.



("My heart gives DIRECTION – it helps me to see")

Point to your heart, then fingers point to eyes



("STAND makes me stronger – it's guiding me")

Stand tall, arms raised proudly in a strong, superhero pose



Verse 1 Actions

("When big feelings rise like waves at sea,")

Wiggle hands upward like waves rising.



("I stop and breathe — just being me.")

Hold up a 'stop' hand, then place hands on belly
and take a deep breath



("I place my feet flat on the ground")

Stomp feet gently or press them firmly down



("And listen gently to the world around")

Cup ears gently and tilt head like listening



("I think before I speak or do")

Tap your chin or temple thoughtfully.



("What choice feels calm, kind, and true?")

Place hands on heart and take a thoughtful breath



("When I slow down and take my time")

Mime slow walking with hands or slow deep breathing.



("My thoughts and words can really shine")

Raise hands up slowly and wiggle fingers like sparkles.



ACTIONS

Suggested Actions for Song STAND.

This song helps us use our breath and our body to settle down and feel safe.

Fun Dance Moves



Verse 2 Actions

("I act with care, not loud or fast")

Mime tiptoeing or moving hands gently.

("Each moment helps the storm to pass")

Wave hands slowly away like clouds passing.

("And when my tummy flips or turns,")

Place hands on tummy and swirl in a little circle.

("I listen close, there's so much I learn.")

Point to your ears, then tap your head gently.

("I never doubt what I feel inside")

Shake head gently, then place hand over heart.

("My body's signs are there to guide")

Run hands gently down arms or body.

("I stand with me, I feel my might, ")

Stand tall with feet wide and strong posture.

("My heart knows how to choose what's right")

Point to self and then lift arm like holding a torch.

Chorus Actions

("S is for STOP when I'm feeling wild")

Hold up one hand like a stop sign,
then rest both hands over your heart.

("T is for THINK — I'm a mindful child")

Tap your temple gently and smile

("A is for ACT — with kindness and care")

Mime giving something gently with both hands.

("N for NEVER, D – don't doubt what I share")

Shake your head gently and place a hand on your chest.

("My heart gives DIRECTION – it helps me to see")

Point to your heart, then fingers point to eyes

("STAND makes me stronger – it's guiding me")

Stand tall, arms raised proudly in a strong, superhero pose

STAND Lyrics

Chorus



Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 1

breathe in slow like the wind through the trees...
Out through my mouth like a whispering breeze...
I count to four,
then out for the same,
Breathing this way, helps me quiet my brain

Chorus



Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 2

Stretch like the sky, Soft as a feather,
We calm ourselves,
In any kind of weather,
Wiggle our fingers,
Wriggle our toes,
Take a deep breath....
And let it all go (soft exhale together)

Chorus



Inhale....Breathe like the breeze,
Flow like a river (inhale.... exhale)
Inhale.... Breathe like the breeze,
Chill like a shiver.
Whooooooooosh... (soft exhale together)

Verse 3

Stretch like the sky,
Soft like a feather,
We calm ourselves,
In any kind of weather,
Wiggle our fingers,
Wriggle our toes,
Take a deep breath....
And let it all go...

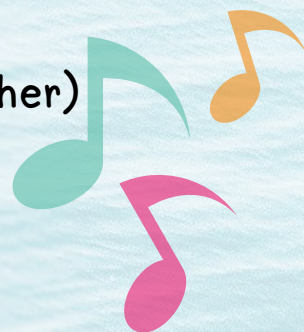
In - two... three... four...
Out - two... three... four...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Out - two... three... four...

In - two... three... four...
Breathe ...

Let's Sing
It





Before we
say
goodbye..

A Word from the Heart



The River Room Song Book is more than a collection of music - it's a vessel of emotional healing. Each song was created with children in mind, carrying gentle rhythms and trauma-informed messages to support nervous system regulation, connection, and joy. We believe that music has the power to soothe, to awaken, and to heal - especially when created with intention.



This project is a heartfelt collaboration between two founders - Chrissy Sykes of MBIMB.org and Deborah J Crozier of A Positive Start CIC. Together, we bring decades of experience, shared values, and a deep commitment to the emotional well-being of children and their communities. Our collaboration is rooted in trust, authenticity, and a shared dream of a safer, more compassionate world. Chrissy's beautiful singing talent brings these songs to life with grace and emotional depth - her voice resonates with warmth and healing. It is truly a gift to this project. A heartfelt thank you also to Lesley Redshaw, who brought such joy and creativity assisting with the dance and actions for the songs - its been a truly joyful collaboration.

This songbook is dedicated to every child who has ever needed a safe place to feel, to breathe, and to be. May these songs offer comfort, understanding, and the reassurance that they are never alone.



Learn more about our work:



mbimb.org



apositivestart.org.uk

