

## Song- No Worries

<b>Skill Area(s):</b> Stress/Behavior
--

**Level:** beginner, intermediate

**Goal:** Students learn relaxation techniques of breathing and movement

**Materials needed:** CD-No Worries, song No Worries Rock-Genevieve Jereb

**Activity:**

- This is a quick activity that can be done at the beginning or end of group.
- Students follow along with the directions given to work on breathing and moving as a way to release stress and get their bodies ready to work.
- Movement is a powerful way to help relieve stress both for kids and adults. Combining music with movement and be very powerful and only takes a few minutes
- There are other songs on the No Worries CD that are good for movement and self-regulation too. The jello song, milk shake, no worries rock and shake my blues away are songs that most kids like.
- The songs, rhythms and activities on this CD are meant to support attention, learning and self-regulation in the child.

**Follow up:** Genevieve also has a new CD out called Cool Bananas, which is designed for calming and relaxation.