

Sleepytime rhymes

In the ocean, along the reef,
was a school for creatures, who lived in the sea.
The school would gather from far and from wide,
To learn about the waves, the currents, and tides.

Everyone listened and followed directions.
It was easy when everyone knew the expectations.
But when the class got wiggly and needed a break,
They went to the seagrass and they chose what to play.

The jellies liked to jump rope, the crabs played tic tac toe;
But there was always one place every sea creature wanted to go.

The kelp swings were crowded, there was always a line.
and when you finally got on, there was so little time!

Little Hammerhead finally got to the front of the line.
It was his turn to swing and his time to shine.
He said very kindly, to the narwhal swinging high,
your time is up, it's my turn to fly!

But the narwhal just ignored him and covered his ears.
he just kept swinging and Hammerheads eyes filled with tears.

Hammerhead's fins felt tingly.
His head got real hot.
He was getting on that swing,
if the narwhal liked it or not.

Before he knew it, Narwhal was on the floor,
and now they were both mad, looking to settle the score.

We know that it's not a good choice to fight.
Lets help hammerhead calm down,
and then make it right.

Take a deep breath and help him feel calm.
Breath in one time and out real long.
(Take deep breath with child)
Let's do this together until the mad feelings gone
To help Hammerhead and Narwahl be friends and move on.

Repeat after me, let's show Hammerhead what to say,
To make things all better in the best way.

I felt mad, now I'm calm.
(child repeats)
I can use my words instead.
(child repeats)
I'm sorry I hurt you,
(child repeats)
I still want to be friends.
(child repeats)

