



Tune of “More We Get Together”

Sitting in the front room with Johnny with Johnny

Johnny won't you tell me what toy do we have today?

We have a stretchy alien dude, stretchy alien dude, we have a stretchy alien dude. Johnny won't you tell me is stretchy alien dude big or small?

He's big he's big, Johnny won't you tell me is he bigger than a pumpkin?

Stretchy alien dude is big he's big he's big stretchy alien dude is bigger than a pumpkin.

(Spoken) What else can stretchy alien dude do? Answer: He can climb on the window. Q: what is he doing on the window? Answer: looking for Grandma

Stretchy alien dude is climbing the window he's climbing the window.
Stretchy alien dude is climbing and looking for Grandma.

****Can be used with any object. Even looking at a picture! The idea is to focus on 1 toy or object and describe it. By focusing on 1 item, the goal is to slow down racing and/or anxious thoughts.