

# Music Therapy | Holiday Piggyback Songs Winter & Christmas

## TUNE OF JINGLE BELLS

**Goal:** following two-step instructions with directional concepts  
**Materials Needed:** handheld bells

Play your bells up high  
Play your bells down low  
Play your bells out wide  
Play them nice and slow

Play behind your back  
Play right on your toes  
Play round in a circle  
And then stop on your nose!

CHORUS: Jingle bells... (typical chorus)

Play under your chin  
Play them on your knees  
Play with your eyes closed  
Then open 1, 2, 3!

Play gently like the wind  
Play way down on the ground  
Now give me a big smile  
And shake them all around!

## TUNE OF DECK THE HALLS

**Goals:** attributes, descriptors  
**Materials:** flashcards or holiday items

Give me something that you eat  
Fa, la, la, la, la  
Give me something small and red  
Fa, la, la, (etc)

## TUNE OF WE WISH YOU A MERRY CHRISTMAS

**Goals:** social turn-taking/ language  
**Materials Needed:** rhythm Instruments, santa hat

*(adult hides a small instrument in a Santa hat before each verse)*

I bought you a present, I bought you a present, I bought you a present, so open it up. *(give student Santa hat)*

Oh play me a happy song now,  
Oh play me a happy song now, oh play me a Happy song now, then 3, 2, 1 STOP!

*Instruct student to put instrument in a 'finished' bin. Have the student close their eyes while adult puts a new instrument in the Santa hat. As an adaptation, change the word 'happy' each time such as 'Play me a sad song' or 'Play me a fast song'.*

## TUNE OF FROSTY THE SNOWMAN

**Goals:** number concepts, sequencing  
**Materials:** five snowmen props

Five little snowmen, were sitting in the sun. One began to melt with a drip drop drip, 'til his melting was all done. Then the children gathered round to count them one by one, and when they finished counting, they went on to have some fun. *(continue with four, snowmen, three, two, etc)*

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