

Sitting Quietly

Cool-Down Song

This is a beautiful song, based on the traditional folk tune 'Ye Banks and Braes', and can be sung to a key worker group, whole nursery or single child. The main aim of the song is to help children to calm down and gather their thoughts after a busy day at nursery.

Similar to lullabies, cool-down songs are great for restoring peace and calm after an exciting session or day in the nursery. They also provide a good opportunity to let children listen rather than actively participate, and to have some quiet time to themselves to reflect on the day, and process their experiences.

Areas of learning & development

Personal, social and emotional development:

- Managing feelings and behaviour

Communication and language:

- Listening and attention
- Understanding

Resources

1. A space big enough for the children to lie down
2. A drawstring bag full of cuddly toys

Song words

Sitting quietly, sitting so quietly

Sitting here so comfortably

Sitting quietly, sitting so quietly

Sitting here so comfortably

*We've sung some songs and danced
some dances*

*We've played together and had some
fun*

*But now we're sitting, sitting so
quietly*

Sitting here so comfortably.

Audio: [15.1 Sitting Quietly](#)
[Full song](#)

How to...

1. Pass the drawstring bag round the circle and let each child pick a cuddly toy.
2. Encourage the children to sit or lie comfortably in the space with their toy.
3. Start singing the song, but do not insist that the children join in, as this is free time for them to relax. If they want to join in, they will do so.

Extension & development

1. As an exercise in vocabulary, suggest that the children contribute alternative words to create an extra verse. For instance, instead of sitting, you could change the words to rocking, and they could rock their soft toys gently on their knees as you sing.

Learning outcomes

Personal, social and emotional development: Managing feelings and behaviour

Early learning goals

1. Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable.
2. They work as part of a group or class, and understand and follow the rules.
3. They adjust their behaviour to different situations, and take changes of routine in their stride.

Activity contribution to goals

Children are encouraged to be peaceful and still.

Children are encouraged to understand that this is a cool-down activity and subsequently, they must respect each other's space and need for quiet.

Communication and language: Listening and attention

Early learning goals

- 1.** Children listen attentively in a range of situations.
- 2.** They listen to stories, accurately anticipating key events and respond to what they hear with relevant comments, questions or actions.
- 3.** They give their attention to what others say and respond appropriately, while engaged in another activity.

Activity contribution to goals

Children are actively encouraged to listen to the song and focus on feeling calm.

Communication and language: Understanding

Early learning goals

- 1.** Children follow instructions involving several ideas or actions.
- 2.** They answer 'how' and 'why' questions about their experiences and in response to stories or events.

Activity contribution to goals

The purpose of the exercise is explained and gently reiterated if their behaviour suggests they don't understand.