



Preparation and Instructions

Cube

1. Cut around the solid lines of the cube.
2. Fold the tabs of the cube along the dotted lines.
3. Tape or glue the tabs to inside of the cube.

Cards

1. Cut around the dotted lines of each card.
2. *Optional* - Hole punch one corner of each card and place on a ring.

To make the cube & cards last longer, laminate before cutting.

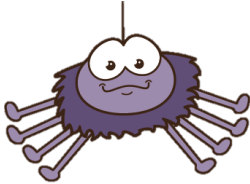
Have a child roll the ILY Rituals Cube and do the ritual that it lands on. Recommended for small groups or one-on-one sessions.



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Mary Had
a Little Lamb



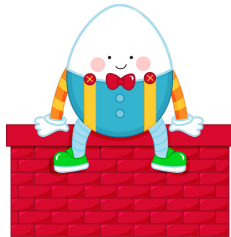
Little Miss
Muffet



Twinkle, Twinkle
Little Star



Three Nice Mice



Humpty Dumpty



Georgie Porgie

Instructions

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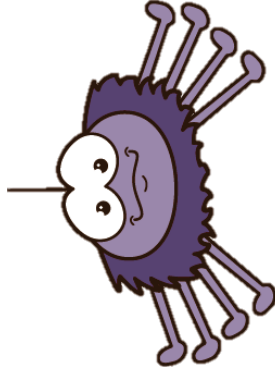
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Little Miss Muffet

Preparation and instructions: Explain to the child that a tuffet is like a little chair. Both you and the child will make a tuffet by making a fist with your hands. Place your tuffets together with knuckles touching. Tell the child that you will be Miss Muffet and the child will be the spider.

- "Little Miss Muffet sat on her tuffet,"
With your non-dominant hand make Little Miss Muffet by holding up two bent fingers from a fist (similar to a peace sign, with fingers bent). When saying these words, bring Miss Muffet over and have her sit on your other (tuffet) hand.
- "Eating her oatmeal today."
Move your two upright fingers up and down in an eating motion.
- "Along came a spider and sat down beside her."
The child will use their non-tuffet hand as a spider. Holding the palm down with fingers dangling like legs of a spider, the child is to "walk" the spider over to sit on their other (tuffet) hand.
- "And said, 'Have a good day!'"
Use your Little Miss Muffet hand to open the child's tuffet hand and snake that hand with lovingly saying, "Have a good day!".

Message of the game: Remember your purpose. The goal of the activities is to join with our children. These rituals show us to rejoice in togetherness, experience each other's beauty, and delight in the expression of love. The ultimate goal is to connect. Relax, have fun, giggle, sing, just be yourself. Be fully present with your children. See yourself and the child as complete, good enough and totally deserving of this interaction.



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Twinkle, Twinkle, Little Star

Preparation and instructions: It is important that you be at the same height as the child. You may choose to stand, kneel or sit with the child to do so.

- "Twinkle, twinkle, little star,"
Hold the child's hands and raise them slightly above your heads. Wiggle your fingers together to represent the "twinkle" of stars.
- "What a wonderful child you are!"
Bring your arms down and rest your hands on the child's shoulders with the child's hands on your shoulders.
- "With bright eyes and nice round cheeks,"
Take your hands off the child's shoulders and touch the child's face with your index fingers. First touch the child next to their eyes, then draw your fingers down around the child's cheeks.
- "Talented person from head to feet,"
Take the child's hands in yours and swing them up high (above the child's head) and sweep them down low (to the child's feet).
- "Twinkle, twinkle, little star,"
Hold the child's hands and raise them slightly above your heads. Wiggle your fingers together to represent the "twinkle" of stars.
- "What a wonderful child you are!"
Bring your arms down and rest your hands on the child's shoulders with the child's hands on your shoulders. End with a hug.

Message of the game: Remember your purpose. The goal of the activities is to join with our children. These rituals show us to rejoice in togetherness, experience each other's beauty, and delight in the expression of love. The ultimate goal is to connect. Relax, have fun, giggle, sing, just be yourself. Be fully present with your children. See yourself and the child as complete, good enough and totally deserving of this interaction.



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Mary Had A Little Lamb

Preparation and instructions: You will need a white sock for this game. Introduce yourself as Mary before you begin the rhyme by waving hello and saying, "Hello, it is wonderful to see you. My name is Mary. I am looking for a lamb to play with. I think I see one!" (look directly at one of the child's hands). Now you are ready to begin the rhyme.

- "Mary had a little lamb whose fleece was white as snow,"
While saying this line, put the white sock on one of the child's hands.
- "Everywhere that Mary went the lamb was sure to go."
Put the hand that you introduced as Mary on the lamb (white sock). Move both hands around making sure they are always touching.
- "It followed her to school one day; everything was new."
Continue to move both hands up and down and all around in this mirror-play fashion.
- "The children were surprised to see the lamb was really you!"
Pull the sock off the child's hand and look surprised and delighted.

Message of the game: The message of this game is, "I will be with you no matter what happens. I am here for you." Many children will test to see if you really mean what you say. They will do so by making it difficult for your hand to stay in contact with theirs. Some children will hide their hands or run away to begin a game of hide-and-seek. If the child gets away from you, begin the Little Bo Peep rhyme. The two played together are delighted.



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Three Nice Mice

Preparation and instructions: This is a wonderful rhyme to teach children to do with each other. Older siblings will enjoy teaching this fun interaction to their younger brothers and sisters.

- "Three nice mice. Three nice mice."
As you say each sentence, hold up three fingers on each hand. Have the child mirror your actions and hold up three fingers also.
- "See how they care. See how they care."
You and the child form circles with both your right and left hands. Then you both bring the circles up to your eyes as if to look through binoculars.
- "They hold both hands and give a shake."
Reach out and hold hands. Move your clasped hands up and down in a handshake.
- "Smiling together, good friends they make."
Continue holding hands and swing them to the beat of the rhyme.
- "Then turning around, for goodness' sake."
Release your hands while each of you makes a complete turn. When you are face to face, high-five while saying "for goodness' sake."
- "Three nice mice. Three nice mice."
Return to holding up three fingers on each hand.

Message: Remember your purpose. The goal of the activities is to join with our children. These rituals show us to rejoice in togetherness, experience each other's beauty, and delight in the expression of love. The ultimate goal is to connect. Relax, have fun, giggle, sing, just be yourself. Be fully present with your children. See yourself and the child as complete, good enough and totally deserving of this interaction.



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Humpty Dumpty

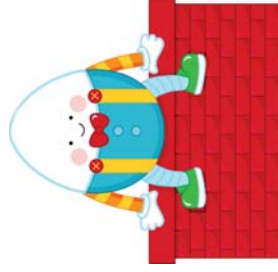
Preparation and instructions: In this game, your hands make the wall and the child's hands make Humpty Dumpty. Create the wall by holding your hands out in front of you, palms facing your body with both of your thumbs up. The two Humpty Dumpty's are made by the child closing both hands into fists.

- "Humpty Dumpty sat on the wall."
Hold your wall and have the child place their two fists on top.
- "Humpty Dumpty had a great fall."
Gently grasp the child's arms (at the wrists) as the two Humpty Dumpty's fall down to each side of the child.

"All the Queen's horses and"
While saying this line, release the child's wrists, move your hands up the child's arms just below the elbow and give the child's arms a gentle, yet firm forearm massage.

"All the King's men,"
Continue the massage action.

"Could put Humpty together again."
Bring the child's hands together so that one of the child's fists wraps around the other fist. Then wrap your hands securely around the child's hands. Then bring all the united hands to the child's eye level while saying the last line.



Message of the game: The message is, "I will support you." During line three, it is important to hold on to the child at all times. This sends the message, "You have fallen, but I am here to catch you." During the final line, you want to give the impression that your hands are wrapping around the child's hands as a blanket would wrap a newborn baby. This conveys, "I will be with you no matter what happens. I am here for you."



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Georgie Porgie

Preparation and instructions: This poem gives you the opportunity to expand the concept of gifts with children. True gifts are the love we share with each other, not material goods. Children learn that a smile is a gift of joy to be treasured. As you expand on this rhyme, you can ask the children for other "gifts" that can be given, such as a hug or a wink, and include them in the poem. Other possible gifts are pinky hugs, thumb touches and blowing a kiss.

- "Georgie Porgie, pudding and pie,"
Move your shoulders up and down to the rhythm of the words.
- "Gave his friend a big high-five!"
With both hands, execute a loving, gentle high-five with the child.

"With his friend he loved to play,"
Holding your hands in front of you with your fingers pointing up, and palms facing the child, wiggle your fingers with delight and touch the wiggling fingers of the child. This is a fast, happy motion as if you were flicking each other's fingers in the air. Be sure to make contact (touch) with the child's fingertips while making this motion.

"A gift of a smile he gave each day."
With a big smile, put your hands up to your face and, in essence, use your hands to "blow" a smile to the child.



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