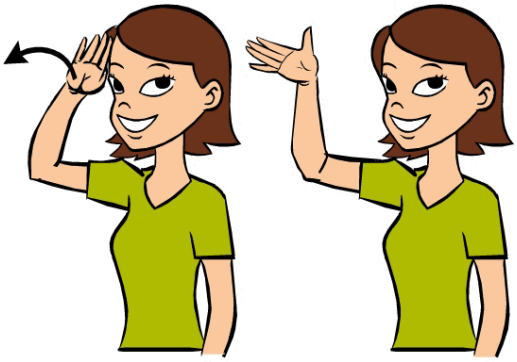
HIGH FIVE
SPEECH THERAPY
PEDIATRIC SPEECH + LANGUAGE + FEEDING THERAPY
Emily Goudreault, M.A., CCC-SLP
Speech-Language Pathologist • Owner
www.high5speechtherapy.com
emily@high5speechtherapy.com
call/text: 616.510.4234 • fax: 616.344.0005

HELLO & GOODBYE SONGS

Hello Song

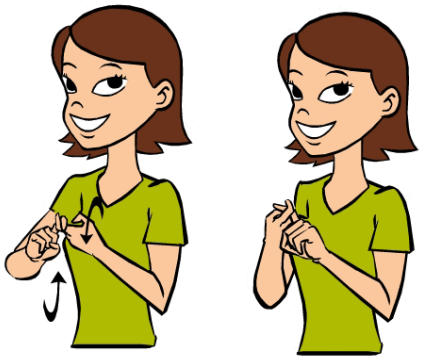
(tune of “Frere Jacques/Are You Sleeping/Where is Thumbkin”)

HELLO FRIENDS,
HELLO FRIENDS!
HOW ARE YOU?
HOW ARE YOU?
Are you feeling HAPPY?
Are you feeling GRUMPY?
HOW ARE YOU?
HOW ARE YOU?



HELLO

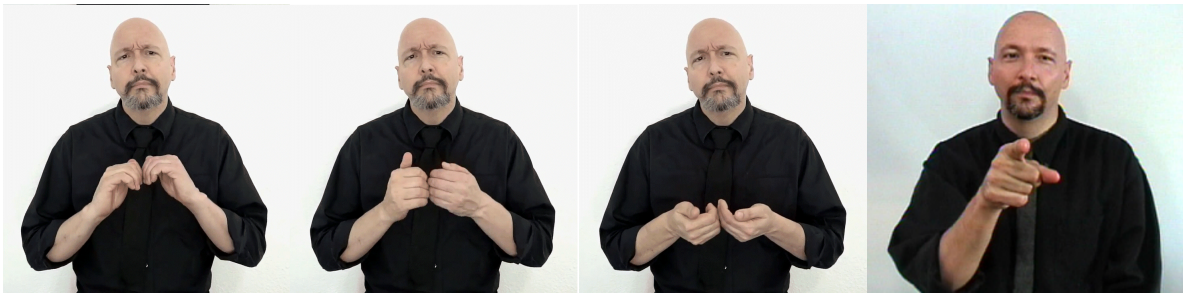
Using your dominant hand, start at your temple and move your hand outward about 6”. Think about a salute.



FRIEND

Using 2 X-hands, hook your index fingers together once, then flip them around so the opposite hand is on top and hook together again.

Memory Aid: Think of 2 friends meeting (your fingers are the friends) and giving each other a hug.



HOW ARE YOU?

HOW: Form curved handshapes on both hands, palms down and/or slightly back. Place your hands together with the knuckles touching (Looks kind of like McDonalds' golden arches). Roll the hands forward until the "arches" are upside down--ending with your hands palm-up in "cupping" handshapes.

YOU: Point at your friend or around the circle at multiple friends.

Memory Aid: When you are asking someone “how are you?,” you are essentially asking them to open up and tell you how they are feeling on the inside.

HAPPY

Using 2 flat hands, place dominant hand at chest level and non-dominant hand at stomach level. Make small upward and outward circles on your chest and make a happy face.

Memory Aid: Think of butterflies in your tummy.

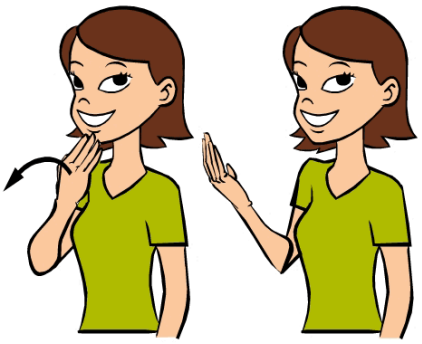
GRUMPY

Using 2 flat hands, place dominant hand at chest level and non-dominant hand at stomach level. Make small upward and outward circles on your chest and make a happy face.

Goodbye Song

(tune of “Twinkle, Twinkle Little Star”)

THANK YOU, THANK YOU
Signing FRIENDS
I can’t WAIT to SEE you AGAIN
I’ve had so much FUN today
Won’t you come AGAIN
and PLAY?
THANK YOU, THANK YOU
Signing FRIENDS
I can’t WAIT to SEE you AGAIN



THANK YOU

Make a closed flat hand with your dominant hand, keeping your fingers together. Touch your fingers to your chin with your palm facing your face, then extend your hand outward in an arc-like motion.

Memory Aid: Think of blowing a kiss.

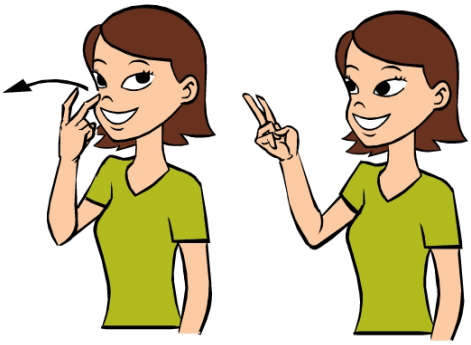
FRIENDS

Hook your index fingers back and forth several times at chest level.

Memory Aid: Think of 2 friends meeting and giving each other a hug.

WAIT

Hold 2 open 5 hands at chest level, palms facing inward. Wiggle your fingers back and forth. An optional movement is to add in a back and forth circular motion.

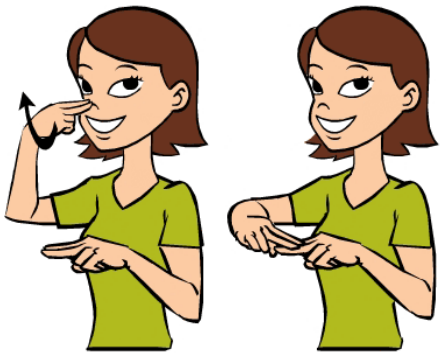


SEE

With your dominant V-hand, start with hand close to eyes on dominant side, palm in. Pull your hand out from face 3-4”.

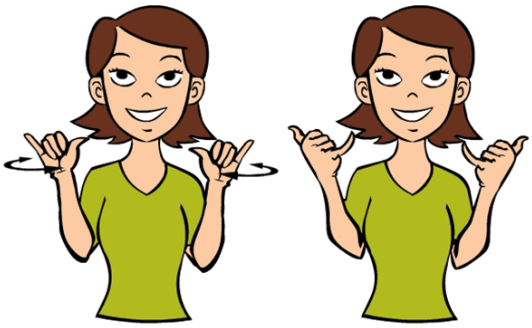
AGAIN

Bend your dominant hand at the large knuckles and then move your hand in a bit of an arc and touch the palm of your non-dominant closed, flat hand with the fingertips of your bent dominant hand.



FUN

Make 2 H-hands. Move your dominant hand down your nose and “land” on top of your non-dominant H-hand at chest level.



PLAY:

Using 2 Y-hands, hold in front of your body at abdomen level. Shake your hands in a flinging motion several times, rotating at the wrist.