

LIKE A BUTTERFLY

Composer: María Vanesa Utz - Paraguay 2026®

VOICE $\text{♩} = 110$

Fly! Fly! Like a but-ter-fly, you can do it! Give it a try!

The musical notation is for a voice part in 4/4 time with a tempo of 110. It consists of a single line of music with a treble clef. The melody starts with a half note G4, followed by a half note A4. The next measure contains a quarter note B4, a quarter note C5, a quarter note D5, and a quarter note E5. The following measure has a quarter note D5, a quarter note C5, a quarter note B4, and a quarter note A4. The final measure is a 7-measure rest, followed by a quarter note G4, a quarter note F4, a quarter note E4, and a quarter note D4.

Author's Notes: In each repetition, we replace one action word and movement

1. Fly! Fly!
2. Stretch! Stretch!
3. Twist! Twist!
4. Jump! Jump!
5. Roll! Roll!
6. Hug! Hug!
7. Breathe! Breathe!

All suggestions are accompanied by visual cards - pictograms, explanations and guidance for self-regulation, bilateral stimulation, parasympathetic nervous system activation, and sensory integration.

COMO MARIPOSA

Compositora: María Vanesa Utz - Paraguay 2026®

VOZ $\text{♩} = 110$

Vue - la! Pue - des in-ten-tar, co-mo ma-ri-po - sa, Lo lo-gra-rás!

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Notas del autor: En cada repetición, reemplazamos la palabra de acción por otro movimiento.

1. Vuela!
2. Estira!
3. Tuerce!
4. Salta!
5. Rueda!
6. Abraza!
7. Respira!

Todas las sugerencias están acompañadas por cartas visuales- pictogramas y una guía explicativa para autorregulación, estimulación bilateral, activación del sistema nervioso parasimpático e integración sensorial.