Let’s Eat!

There was a little man and he had a little crumb (touch beside mouth)
And over the mountain he did run (walk your fingers from one shoulder, over head, to other shoulder)
With a tall black hat (pat your head)
And a belly that was fat (pat your belly)
And a pancake stuck to his bum, bum, bum (pat your bottom)

“Let’s go to sleep” the little caterpillars said As they tucked themselves into their cozy bed (Palms up, little fingers together. Wiggle fingers, tuck into palms and fold knuckles together to form cocoon.) They will wake up by and by And each will be a beautiful butterfly! (Thumbs together, roll palms down, fingers out and flapping as butterfly wings.)

Mix a pancake, stir a pancake Pour it in the pan Cook the pancake, flip the pancake Catch it if you can (act out the making, then flip your pancake WAY up, and try to catch it)

Pat-a-cake, pat-a-cake baker’s man Bake me a cake as fast as you can (clap hands) Roll it (roll hands) and pat it (pat one palm) And mark it with B (make B or letter for your name on palm) And throw it in the oven for Baby and me

Five brown buns in the bakery shop (hold up 5 fingers of left hand, rock them to the rhythm) Five brown buns with some sugar on the top (sprinkle sugar on the upright fingers) Along came a man with a penny in his hand (one finger up on right hand, bring “man” rhythmically from behind your back) He took one bun, and away he ran (fold down the grabbed finger “bun” and disappear the “man” behind your back) Continue counting down until there are:

No brown buns in the bakery shop No brown buns with some sugar on the top Along came a man with a penny in his hand He took one LOOK and away he ran

Pease porridge hot, pease porridge cold (slap legs, lift hand on “hot”; slap legs, hug self and shiver) Pease porridge in the pot nine days old (slap legs, rub tummy on “pot”; push 9 fingers forward for emphasis) Some like it hot, some like it cold Some like it in the pot nine days old (repeat actions) This rhyme is over 200 years old, so there are lots of ways to clap it. Try this with a friend. Sit facing each other. Pease - slap your knees Porridge - clap own hands Hot - clap your partner’s hands Pease porridge cold - repeat above Pease - slap knees Porridge - clap own hands In the - clap right hand with partner Pot - clap own hands Nine - clap left hand with partner Days - clap own hands Old - clap partner’s hands

Yummy Yum Yum!