



How wheat grows - an action rhyme

Chant or sing the words and do the actions for each line

Sing

The farmer toils all day long
To grow the wheat that makes me strong
The rain falls down to swell the grain
The sun comes out to warm again
Like me - the wheat just grows and grows!
I can stretch up high!
I can touch my toes!

Action

~ pretend to be weary
~ flex your muscles and show how strong you are
~ make a noise like rain falling and add some arm movements
~ make a big circle with your arms
~ crouch down small and then slowly stretch up as if growing

~ stretch high and bend to touch your toes

