

Beary Good Time

Tips, Songs, and Rhymes for Parents and Caregivers

Here are ideas and activities to try this week with your child. Each activity is based on one of the **7 Days • 7 Ways** principles of early literacy development and is designed to engage your child, stimulate his or her literacy skills, and enhance the bonds between you.

- **SHARE BOOKS** Read with expression, using different voices and vocalizing sounds to keep your child's interest and to make the book come alive. For example, use different voices for each of the three bears and Goldilocks.
- **SHARE WORDS** Boost your child's vocabulary by having discussions about the subject of the book. For example, after reading a story book about bears, explain hibernation in simple terms.
- **SHARE RHYMES** Play the I Spy game with your child. For example, "I spy something in this room that rhymes with the word bear." (chair)
- **SHARE SONGS** Share other bear songs you know, such as "The Bear Went Over the Mountain" and "The Bear Song," which is an echo song: *The other day (The other day), I met a bear (I met a bear), out in the woods (out in the woods), oh, way out there (oh, way out there).*
- **SHARE STORIES** Retell the story of "Goldilocks and the Three Bears." Substitute your child's name for Goldilocks. When you finish, have your child retell the story to you.
- **SHARE PLAYTIME** Create a bear cave by throwing a blanket over a table. Then, go on a bear hunt looking for your "bear"!
- **SHARE WRITING** Use sidewalk chalk and write a giant letter B (for bear) on a driveway or sidewalk. Have your child walk on the path of the letter. Try this with other closed letters, like O and D.

Here are the words to the songs and rhymes that you and your child enjoyed today. By continuing to sing, chant, and play with your child throughout the week, you will help him or her make sense of the new information and concepts introduced at storytime.

Songs

Moving Hands

(sung to the tune of "The Farmer in the Dell")

Put your hands on your head, (*Suit actions to words*)

Put your hands on your knees,

Put your hands behind you now,

If you please.

Put your hands on your tummy,

Put your hands on your toes,

Put your hands upon your cheeks,

Put them on your nose.

Put your hands in the air,

Put your hands on your hair,

Clap your hands, one, two, three,

Then fold them on your knees.

Five Bears in the Bed

Five bears in the bed, and the little one said, (*Hold up five fingers*)

"Roll over! Roll over!" (*Roll hands over each other*)

So they all rolled over, and one fell out! (*Drop one hand to the side*)

Additional Verses

Four bears in the bed ...

Three bears in the bed ...

Two bears in the bed ...

One bear in the bed, and the little one said, "Good night!"

(*Rest head on hands*)

Brown Bear, Brown Bear, What Do You See?

(*Use the book by Eric Carle and sing to the tune of*

"Twinkle, Twinkle, Little Star")

The Three Bears Rap

(*Have your child pat thighs or clap hands to the beat.*)

Once upon a time in the middle of the woods,

There lived three bears, I said three bears,

One was a Papa Bear, one was a Mama Bear, one was a Baby Bear.

Along came a girl with golden curls,

She knocked on the door, but no one was there,

So she walked right in, had herself a ball,

Because she didn't care.

Tips, Songs, and Rhymes for Parents and Caregivers

Then home, home, home came the Papa Bear.
Home, home, home, came the Mama Bear.
Home, home, home, came the Baby Bear.

“Someone has been eating my soup,” said the Papa Bear.
(Children echo “said the Papa Bear”)

“Someone has been eating my soup,” said the Mama Bear.
(Children echo “said the Mama Bear”)

“Be-Bop a Re Bear,” said the Little Wee Bear,
“Someone has eaten my soup! YEAH!”

“Someone’s been sitting in my chair,” said the Papa Bear.
(Children echo “said the Papa Bear”)

“Someone’s been sitting in my chair,” said the Mama Bear.
(Children echo “said the Mama Bear”)

“Be-Bop a Re Bear,” said the Little Wee Bear,
“Someone has broken my chair! YEAH!”

“Someone has been sleeping in my bed,” said the Papa Bear.
(Children echo “said the Papa Bear”)

“Someone has been sleeping in my bed,” said the Mama Bear.
(Children echo “said the Mama Bear”)

“Be-Bop a Re Bear,” said the Little Wee Bear,
“Someone is asleep in my bed! YEAH!”

Just then Goldilocks woke up,
She broke up the party, and she beat it out of there,

“Bye, bye, bye,” said the Papa Bear.

“Bye, bye, bye,” said the Mama Bear.

“Be-Bop a Re Bear,” said the Little Wee Bear.

So ends the story of the three bears! YEAH!

©Sue McCleaf Nespeca

Library Storytime Song

(sung to the tune of “I’ve Been Workin’ on the Railroad”)

I came to my storytime

(Sway side to side throughout and point to self)

At the library today,

I came to my storytime (Point to self)

To sing, and laugh, and play.

I listened to some picture books,

Sang songs, said some rhymes,

I hope I can come back again,

Because I had a very good time!

I want to come back, (Clap!)

I want to come back, (Clap!)

I want to come back to storytime!

I want to come back, (Clap!)

I want to come back, (Clap!)

To my storytime!

(Spoken) See you soon! (Wave goodbye)

Creative Dramatics

The Three Bears

Have your child pantomime the actions of Goldilocks. Look in the window of the bears’ house, open the door, taste the three bowls of porridge, sit on the three chairs (the third chair breaks!), try the three beds, and fall asleep on the third bed. Snore until you hear the bears return, and then jump out the window to escape.

Rhymes

Two Little Bear Cubs

(Can also be sung to the tune of “Twinkle, Twinkle, Little Star”)

Two little bear cubs (Walk in place)

Went out one day,

Over the meadow

Where they could play,

When they got hungry, (Rub tummy)

They could not wait,

They smelled some honey (Sniff, sniff)

And ate and ate, (Pretend to eat)

Soon it was dark

But they weren’t brave,

They ran back home (Run in place)

To hide in their cave.

Teddy Bear, Teddy Bear

Teddy bear, teddy bear, turn around, (Suit actions to words)

Teddy bear, teddy bear, touch the ground,

Teddy bear, teddy bear, rub your nose,

Teddy bear, teddy bear, touch your toes,

Teddy bear, teddy bear, climb the stairs,

Teddy bear, teddy bear, brush your hair,

Teddy bear, teddy bear, turn out the light,

Teddy bear, teddy bear, say good night.