



Music

“Seed Song”

(Sing to the tune: “She’ll be Comin ‘Round the Mountain.”)

Eating seeds builds healthy bodies and strong bones
Eating seeds builds healthy bodies and strong bones
Eating seeds that are tasty, eating seeds that are yummy
Eating seeds builds healthy bodies and strong bones

Seeds from plants, gourds and trees grow everywhere
Seeds are flying in the air and on the ground
Seeds that twist and seeds that twirl
(twist our bodies and spin around)
Seeds with wings that spin and whirl

Seeds that float down to the ground
(float slowly down to the ground)
Seeds in coats of glossy brown

Seeds that burst with popping sound
(stand up & use our hands in a popping motion)
From their pods to reach the ground
Seeds with hooks that stick and cling
(pretend we are planting seeds in the ground)
That we’ll plant together next spring

