Bearly Asleep
~ we share whimsical tales about sleepy bears as we prepare for bedtime ~

BOOKS

*Bear Wants More* by Karma Wilson
  illustrations by Jane Chapman
  published by Margaret K. McElderry Books

  illustrations by Eric Carle
  published by Henry Holt and Company

*Jesse Bear, What Will You Wear* by Nancy White Carlstrom
  illustrations by Bruce Degen
  published by Macmillan Publishing Company

FINGER RHYME

**Five Little Bears**

One little bear wondering what to do,
Along came another, then there were **two**.

Two little bears climbing up a tree,
Along came another, then there were **three**.

Three little bears ate an apple core,
Along came another, then there were **four**.

Four little bears found honey in a hive,
Along came another, then there were **five**.

ACTION RHYME

**Teddy Bear, Teddy Bear, Turn Around**

*adapted by Marianne Sinopoli*

Teddy, bear, teddy bear, turn around *(slowly turn around in a circle)*
Teddy, bear, teddy bear, touch the ground *(bend over and touch the floor)*

Teddy, bear, teddy bear, jump SO high *(jump as high as you can)*
Teddy, bear, teddy bear, touch the sky *(stretch arms upwards)*

Teddy, bear, teddy bear, run in place
Teddy, bear, teddy bear, pick up the pace

Teddy, bear, teddy bear, jump some more
Teddy, bear, teddy bear, get your feet off the floor

Teddy, bear, teddy bear, twist left then right
Teddy, bear, teddy bear, stretch with all your might

Teddy, bear, teddy bear, hop on one *(hop on one foot)*
Teddy, bear, teddy bear, your exercise is done.
We're Goin' on a Bear Hunt

Chorus
We’re goin’ on a bear hunt (hands slapping thighs)
We’re goin’ a catch a big one
It’s a beautiful day
We’re not afraid (shake head)

First we come to some grass
Some tall wavy grass
Can’t go over it (with first hand, make arc with arm)
Can’t go under it (pass opposite hand under the formed arc)
Can’t go around it (move first hand around the second hand)
We’ll have to walk through it
Swishy, swashy, swishy, swashy (brush palms together, back and forth)

Repeat chorus

Next we come to some mud
Some thick oozy mud
Can’t go over it (with first hand, make arc with arm)
Can’t go under it (pass opposite hand under the formed arc)
Can’t go around it (move first hand around the second hand)
We’ll have to walk through it
Squelch, squelch, squelch, squelch (clap cupped hands)

Repeat chorus

Then we come to a river
A deep cold river
Can’t go over it (with first hand, make arc with arm)
Can’t go under it (pass opposite hand under the formed arc)
Can’t go around it (move first hand around the second hand)
We’ll have to swim across it
Splishy splashy, slishy, splashy (make swimming motions with arms)

Repeat chorus

Now we come to a bridge
A long wooden bridge
Can’t go over it (with first hand, make arc with arm)
Can’t go under it (pass opposite hand under the formed arc)
Can’t go around it (move first hand around the second hand)
We’ll have to walk through it
March, march, march, march (pound fists on thighs)

Repeat chorus

Last we come to a cave
A large dark cave
Can't go over it (with first hand, make arc with arm)
Can't go under it (pass opposite hand under the formed arc)
Can't go around it (move first hand around the second hand)
We'll have to walk through it
Tiptoe, tiptoe, tiptoe, tiptoe (pointer fingers lightly tapping thighs)

There's something furry
With two furry ears
A big wet nose
It smells like fish and honey
Let's turn on our flashlights …

Ohhh no! It's a bear!!!
Run!!!
March over the bridge ~ march, march, march, march (with movements)
Swim across the river ~ splishy splashy, splishy splashy (with movements)
Run through the mud ~ squelch, squelch, squelch, squelch (with movements)
Flee through the tall grass ~ swishy swashy, swishy swashy with movements

Run into the house
Close all the windows (clap hands)
Close all the doors (slap hands on thighs)
Everyone run up the stairs (slap hands on thighs with fast temp)
Hop into bed (bounce once in your seat)
Pull up the covers (raise clenched fists upward over head)
Repeat after me
We're never going on a bear hunt again!

**ACTION RHYME**

**Two Little Hands**

Two little hands go clap, clap, clap
Two little feet go tap, tap, tap
Two little fists go thump, thump, thump (one fist on top of other, then reverse)
Two little feet go jump, jump, jump
One little body turns around and around
One little body sits quietly down

**SONG**

**Tommy Thumpkin**

Tommy Thumbkin's up (wiggle thumbs over your head)
And Tommy Thumbkin's down (wiggle thumbs downward)
Tommy Thumbkin's dancing (dance thumbs from left to right)
All around the town (dance thumbs from right to left)
Dance him on your shoulders
Dance him on your head
Dance him on your knees
Then tuck him into bed
Additional verses:
Peter Ponter
Molly Middle
Ruby Ring
Baby Pinky
Finger Family

**SONG**

**The More We Get Together**

The more *(tap fingertips of both hands together)* we get together, together, together
*(put fists together, thumbs up and move hands in circular motion)*
The more *(tap fingertips of both hands together)* we get together
*(put fists together, thumbs up and move hands in circular motion)*
The happier we’ll be
*(brush hands on chest in upward motion)*
‘Cause your friends are my friends
*(hook one pointer finger over the other, hold outward)*
And my friends are your friends
*(turn hands over to reverse positions, draw hands toward self)*
The more *(tap fingertips of both hands together)* we get together
*(put fists together, thumbs up and move hands in circular motion)*
The happier we’ll be
*(brush hands on chest in an upward motion)*