If You Plant a Seed

If vegetables grow from seeds, what grows when you plant seeds of kindness?

BOOKS

Tops and Bottoms adapted and illustrated by Janet Stevens
published by Harcourt Brace & Company

If You Plant a Seed written and illustrated by Kadir Nelson
published by Balzer & Bray, an imprint of HarperCollins Publishers

SONG

Herman the Worman

I was sittin’ on my fencepost,
Chewing my bubblegum (chew, chew, chew, chew)
Playin’ with my yo-yo, wee-oo! wee-oo!
When along came Herman the Worman
And he was this big (make a motion as if measuring a tiny worm)
And I said: “Herman? What happened?”
“I swallowed a fly.”

Additional verses, substituting for fly and indicating a larger worm each time:
Turtle
Cat
Dog
Dinosaur

Last verse
I was sittin’ on my fencepost,
Chewing my bubblegum (chew, chew, chew, chew)
Playin’ with my yo-yo, wee-oo! wee-oo!
When along came Herman the Worman
And he was this big (make a motion as if measuring for a tiny worm again)
And I said: “Herman? What happened?”
“I burped.”

SONG

Shake Your Sillies Out by Raffi

Gonna shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Gonna shake, shake, shake my sillies out
And wiggle my waggles away!

Additional verses:
Jump my jiggles out
Hop my hoppies out
Twist my twisties out
Stretch my stretchies out
Yawn my sleepies out
**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**

**The More We Get Together**

The more
  *(tap fingertips of both hands together)*
We get together, together, together
  *(put fists together, thumbs on top and move hands in circular motion)*
The more
  *(tap fingertips of both hands together)*
We get together
  *(put fists together, thumbs on top 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 on top and move hands in circular motion)*
The happier we’ll be
  *(brush hands on chest in an upward motion)*