

Fingerplays

Polar Bear, Polar Bear/Goosy Goose, Goosy Goose

The traditional jump-rope rhyme “Teddy Bear, Teddy Bear” can be adapted as a song for moving like the characters in our story. As the children chant along to the song, they act out the motions – as if THEY WERE the animals they are naming! Practice making the motions different for both the animals, even though the action words are the same – a big, four-legged polar bear moves much differently than a waddling two-legged goose.

This rhyme uses verses from various different sources. You can even create your own verses to try out some new motions! Practice rhyming words to create your own verses as a group.

Polar bear, Polar bear,
Turn around,
Polar bear, Polar bear,
Touch the ground.
Polar bear, Polar bear,
Dance on your toes,
Polar bear, Polar bear.
Touch your nose.
Polar bear, Polar bear,
Show your paws.
Polar bear, Polar bear,
Hide your claws.
Polar bear, Polar bear,
Scratch your head,
Polar bear, Polar bear,
Go to bed.
Polar bear, Polar bear,
Say good-night,
Polar bear, Polar bear,
Turn out the light.
Polar bear, Polar bear,
Wake up now,
Polar bear, Polar bear,
Take a bow.

Now try the rhyme again, replacing “Polar Bear” with “Goosy Goose” – and changing your actions accordingly!

Standards: CA 2.4 Demonstrate ability to use movement and music.

Five Little Bears: Counting up

Original Author Unknown

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!

Five Little Bears: Counting Down

–by Mary Maxson, Aliquippa

Five little bears
Heard a loud roar
One ran away
Then there were four!
Four little bears
Climbing up a tree
One slid down
Then there were three!
Three little bears
Deciding what to do
One fell asleep
Then there were two!
Two little bears
Having lots of fun
One went home
Then there was one!
One little bear
Feeling all alone
Ran to his mother
Then there were none

Standards: CA 2.4 Demonstrate ability to use movement and music.

LM 1.1 Use counting and numbers as part of play and as a means for determining quantity.

Going on a (Polar) Bear Hunt

This traditional chanting game has been adapted here for an Arctic bear. Because each line is repeated by the group and appropriate actions are copied, it is also another Follow the Leader type of game.

Going on a bear hunt! (group repeats)
Gonna catch a big one! (group repeats ...)
I'm not afraid!
What's that ahead?

Oh no!
Deep snow!

Can't go over it,
Can't go under it,
Guess we're gonna have to go through it.
(Take big slow steps in place as if trudging through very deep snow as you repeat the song.)

... Oh no!
An icy lake! ...
(This time make very shivery swimming motions as you repeat the song.)

... Oh no!
A blizzard!
(Trudge onward in place, holding up your arms to try to wave the snow away and protect your face as you repeat the song.)

... Oh no!
A cave! ...
(Tiptoe quietly as you repeat the song in a whisper, one more time.)

... What's that?
A ... BEAR!!!!!!! (Shout)

Back through the blizzard! (Blizzard actions much faster)
Back through the lake! (Swimming actions much faster)
Back through the snow! (Trudging actions much faster)

Home again! (Stop)
Whew! Maybe we'll catch a bear tomorrow.

*Standards: CA 2.4 Demonstrate ability to use movement and music.
CA 3.3 Participate in teacher-guided dramatic activities.*