

Sleep, little seedling, sleep

<https://riverofsong.uk/>



*From a tiny seed comes wonder and joy. Two songs in one.
An action game for Spring. Stillness then movement up towards the
light. For younger children either part of this song can be sung
separately. Note it is sung at first in $\frac{3}{4}$ time and then $\frac{2}{4}$ time.
Learn to distinguish between left and right.*

Words and music by Dany Rosevear.

- 1. Crouch down with hands to cheek. Throw out hands.**
- 2. Yawn. Still crouching interlace fingers with forefingers pointing upwards.**
- 3. Wiggle body upwards following hands as before until fully stretched. Put one hand to the left and one to the right. Fan fingers out from face.**
- 4. Children chant the question then take it in turn to think of a letter and suggest a flower that begins with it. Decide if it comes from a seed, bulb or rhizome.**



Sleep, lit - tle seed - ling, — sleep! Down in the earth so deep, What will you
Wake, lit - tle seed - ling, a - wake! Rise from your co - sy place, Rise up and
be? Just wait and see, Wait till the sun shines bright. With a
sing, For now it is Spring! Wake up for the sun shines bright!

wig - gle and a jig - gle See a lit - tle shoot grow high, Up, up, up,
Up to - wards the sky! With a green leaf to the left And a green leaf to the
right. Then a flow - er o - pens, What a love - ly sight!



Wake, little seedling, awake,
Rise from your cosy place.
Rise up and sing,
For now it is Spring,
Rise up for the sun shines bright.

With a wiggle and a jiggle
See a little shoot grow high,
Up, up, up,
Up towards the sky!
With a green leaf to the left
And a green leaf to the right.
Then a flower opens,
What a lovely sight!

1,2,3, A,B,C! Which flower can you see?
It begins with....
It's a