

situation of “what now? ... Oh, do you remember the one that goes ... We don’t know that one...” etc. This is when children wander off, say they’re bored, hit their neighbor or take the opportunity to have a tantrum).

Keep it simple and repetitive. Spanning babies to 5 is not easy — but not impossible either. Weave between activities geared more toward the little ones and games for older ones — during which tinies might need to sit and watch.

For some of these circle games, the adult will need to accompany a young child and go around together. Don’t volunteer children to participate, even alongside Mom! Little ones should not be forced into Circle or other game situations until they are ready and should be allowed to sit with Mom outside the Circle just watching.

Remember to create a rhythm between the quieter songs and the livelier games. Think ahead of how you want to end — my strong suggestion is you end with an in-breath, a quiet game so that they are centered when you move on to your next activity.

Oats and Beans (5 and under)

Everyone in a circle sings the song, holding hands, moving slowly clockwise. When you get to the second verse, Circle leader can say, “Frieda you can be the Farmer” and she stands in the center. The first child will have to be shown — perhaps the Circle leader stands next to her and acts out what the Farmer does as everyone continues to sing the second verse. At the end of the verse, Frieda rejoins the circle. Everyone sings the chorus together, now circle counterclockwise. And the next child goes into the center as the Farmer. And so on.

Hint — if you have a large group, the leader can either say beforehand that, say, only 4 children will act out each game OR two children at a time can go into the circle and be farmers together.



Oats and beans and bar - ley grow, Oats and beans and bar - ley grow. Do
First the far - mer sows his seed, Then he stands and takes his ease,
Oats and beans and bar - ley grow, Oats and beans and bar - ley grow. Do



you or I or an - y-one know how oats and beans and bar - ley grow.
Stamps his feet and claps his hands And turns a - round to view the lands.
you or I or an - y-one know how oats and beans and bar - ley grow.