



The Breakfast Song



Equipment:

- ✓ Whiteboard and a marker

TIP: *Don't have the equipment needed to play? Use a piece of paper and a pen instead!*

Get Ready!

Write down and review the lyrics for "The Breakfast Song."

Instructions:

Each player is going to sing "The Breakfast Song" to the tune of the "ABC's Song." Players should act out each activity mentioned in the song.

"The Breakfast Song" Lyrics:

Breakfast starts your brain each day (begin marching arms and/or legs),

So you can think and learn and play (keep marching).

Breakfast helps you to grow strong (jump and land with legs wide; hold arms out to flex muscles),

And it feeds you all day long (begin marching).

Breakfast gives you lots of fuel (keep marching)

To run and jump and learn in school (mime running and jumping)!

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. What healthy breakfast foods do you like to eat?

2. How do you feel after eating a good breakfast?