

Sleeping Turkeys

(Tune: Sleeping Bunnies)

This movement song is a perfect mix of action and stillness. By alternating between movement and non-movement, it allows children to naturally calm their bodies thus avoiding over stimulation.

What They Learn: Listening, gross motor movement, self control, musical cues

What You Need:

- Recording of song (teacher practice)
- Ukulele optional

What To Do:

- Tell students that we will be pretending we are turkeys sleeping in a peaceful meadow. Explain that they will listen for directions to wake up and they can then move around the room as the words say (hop, jump etc.)
- If not using the recording, try having the last verse be something calming to bring their energy back down.

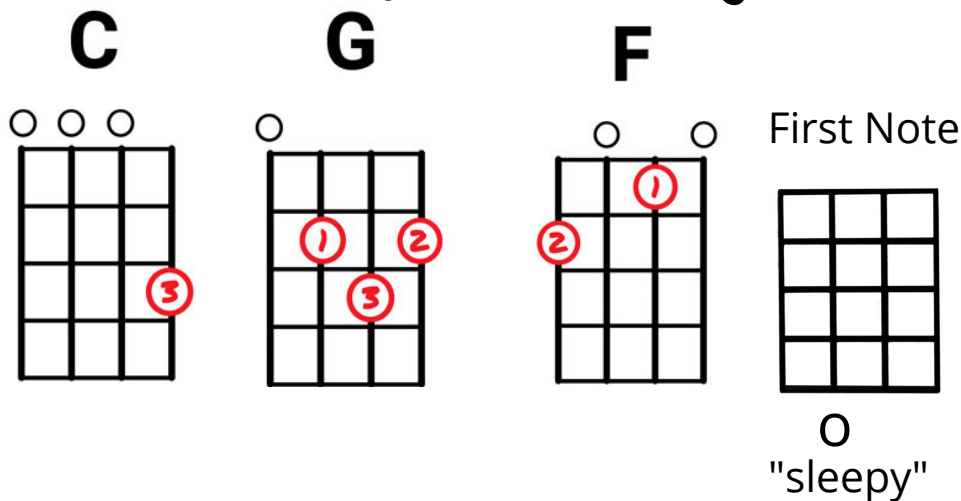
Lyrics:

Sleepy little turkeys,
Sleeping til it's nearly noon.
Shall we wake them with our joyful tune?
Oh so still, are they ill?
Wake up little turkeys!

Hop little turkeys hop hop hop,
Hop little turkeys, hop.
Hop little turkeys, hop little turkeys,
Hop and hop and stop!

additional verses: jump, gallop, tiptoe, skip and more!

Sleeping Turkeys



C
Sleepy little turkeys

C F C
Sleeping til it's nearly noon

G C G
Shall we wake them with our joyful tune?

C C
Oh so still, are they ill?
Wake up little turkeys!

C C
Hop little turkeys hop hop hop,
F C
Hop little turkeys, hop.
G C
Hop little turkeys, hop little turkeys,
F G C
Hop and hop and stop!