

A Valentine Circle

— Laura Esposito

WINTER GARDEN INTRODUCTION:

Singing:

In our winter garden
through the gates we go
stars are gleaming streaming
to the earth below!

Skipping and falling down two or three times

SING A SONG OF SIXPENCE ACTION:

Singing:

Sing a song of sixpence
a pocket full of rye
Four and twenty blackbirds
baked in a pie.
When the pie was opened
the birds began to sing.
Wasn't that a dainty dish
to set before the king?

The king was in his counting house
counting out his money.
The queen was in the parlor
eating bread and honey.

The maid was in the garden
hanging out the clothes.

Along came a blackbird
and kissed her on the nose.

Hold hands and circle

*Walk to center together
Walk out together
Fingers as "beaks" to gesture birds singing*

*Jumping, cross and uncross legs;
do slowly with younger children
Put on "crown"
Arms outstretched, hands clap alternating on top
Put on "crown"
Crisscross arms outstretched in front
and grab "food" in each hand, bring to mouth to eat
Curtsy
Bend at waist, use fingers as pincers to pick up clothes
and hang above head*

Hands gesture flying bird to nose

THE QUEEN OF HEARTS BEANBAGS:

Toss beanbags to each child

The Queen of Hearts
she made some tarts
all for Valentine's day.
The Knave of Hearts
he stole the tarts
and took them straight away,
and took them straight away.

The King of Hearts
called for the tarts
and beat the Knave full sore!

The Knave of Hearts
brought back the tarts
and vowed to steal no more!

*Place beanbag on head
Drop and catch beanbag in hands
Alternate beanbag back and forth between hands
Place beanbag on head
Drop and catch beanbag in hands
Pass beanbag behind back, one way then the other*

*Place beanbag on head
Drop and catch beanbag in hands
Pat body all over with beanbag*

*Place on head
Drop and catch beanbag in hands
Hold beanbag up in both hands while down on one knee*

All stand, invite children to throw bag into basket "If you are wearing [color]..."

RUMBLY BUMBLY BELLIES MOVEMENTS:

Set up includes a "tunnel" to indicate a "mountain" that leads back to the circle rug, with a door that can be uncovered by teacher

The rumbly bumbly bellies,

of the Queen and King,
made the mountains
shake and quake,
and the stars to sing!

They ate up
all the rocks and socks,
They wanted more and more,

But still their bumbly bellies,
Rumbled like the shore.

Then a dove dove down,

And told them both to hear,
"Your rumbly bumbly bellies...
...are hurting all our ears!"

Suddenly a little door
in the mountain appeared,
with light that shone from way inside,
and nothing to be feared.

While children are crawling through:
They crawled on through,
their crowns fell off,
they were safe and such.
Inside the mountain
they heard a voice say,
"I love you very much".

Repeat as needed until all are back to circle rug

And so their bumbly bellies
didn't rumble anymore.

They curled up in the mountain,
and were quiet forever more.

*With rounded arms held out in front of body, one hand
some distance above the other ('B' gesture), bounce up
and down, bent at knees
Stand up and put on "crown"*

*Hands on hips, alternate weight side to side
Motion from out of mouth upwards*

*Bend at waist and grab at ground and gobble
Slowly stand upright with arms outstretched
stacking on top of each other
'B' gesture, bounce up and down, bent at knees
Make "waves" with hands*

*One arm up, one down,
fly around in circle in place and "land" with bent knees
Hand cupped at ear
'B' gesture, bounce up and down, bent at knees
Cover ears*

Slowly uncover "door"

*Sitting in circle on rug, rub belly in circular motion,
speaking with a slow, gentle tone*

Lie down and curl up

RESTING SONG:

Singing, repeat, then hum
Deep in the mountain, dark is the night,
but low in the sky, I see a bright light.
Run little shadows, swiftly away,
the bright morning star is calling the day.

Laura Esposito has been a Waldorf early childhood teacher since 2009. She wrote this movement journey for her kindergarten class with the intention to nurture the image, or seed, that there is something inside that is not touched by the world, and allowing the children to rest in the knowledge and comfort of that space. Laura currently lives in Doylestown, PA, where she is working with children aged one to three.