

## Warm Up

Listen to the song a few times and then have a go at joining in when you feel confident. You can also add the actions when you feel confident.

Audio Clip 1 – Down Go The Seeds

## Seasons · Down go the seeds ~ lyrics

Down go the seeds,

(Point downwards)

Down go the roots,

(Wiggle fingers downwards)

Down comes the rain,

(Move arms down, wiggling fingers)

Up come the shoots!

(Fingers pointing up, raise upwards)

Listen to the song 'Dig, dig, dig' a few times and imagine that you are a gardener planting some seeds. See if you can make up some actions. There are some suggestions below the words, or you can come up with your own. You may even get some of your family to pretend to be the seeds! Once you've listened a few times see if you can join in with the song whilst doing the actions.

Audio Clip 2 – Dig Dig Dig

## Seasons · Dig dig dig

Dig, dig, dig, dig! Digging the garden,  
(Gardener digs around the inside of the circle)

Springtime, planting seeds in a row.  
(Gardener points to each child in turn to plant them –  
they crouch down and curl into a ball)

Water, water, water the garden,  
(Gardener walks around the circle watering the seeds)

Summer comes, watch the flowers grow.  
(Gardener stands in the centre watching the flowers grow;  
the children grow to match the changing pitch)

See if you can grow like the flowers after the words 'watch the flowers grow'.

