

At Home I Have a Little Bed

• Sarina Cirianni-Jones

Movement verse by Sarina Cirianni-Jones, Princeton Waldorf School Early Childhood teacher

At home I have a little bed
so cozy and so snug

Mother rocks me off to sleep
with her sweet songs of love

Outside the blustery wind does blow
while in my bed I lay

I pull the covers up so high

And throw my cares away

But in the morning when I wake
I jump right out of bed

I stretch my arms and give a yawn
and shake my little head!

Lying on back with knees pulled into chest

Rocking back and forth on back

Repeat as in line above

**Straighten legs with feet flexed and toes pointed upwards/ hands in fists under chin, elbows out to sides off the ground, head and shoulders off the ground to check if “toes are tucked in”
Arms thrown floppy straight back and legs too**

**Roll over into crouch
And jump!**

Stretch arms, yawn, and shake head

