

# Little Voices for Healthy Choices

## Bears Eat Fish

### Experience

The adult pretends to be a bear using both their body and their voice. They should give the children cues about what to imitate and time to demonstrate their individual interpretations of "being a bear."

Because we're pretending to be big bears, the speed of the song is moderate to slow. Heavy emphasis should be placed on each word: "Bears eat fish."

Within a few repetitions children will join the singing of this song, so it's important for the adult to sing in a lead voice.

When singing the "Bears eat fish" lines, use one hand to tap just below the mouth. (A thumb touching ends of fingers would approximate American Sign Language for "eat.")

When singing "when I am hungry, that's what I wish," use one hand to make a circular motion over the tummy.

Sing: Bears eat fish, Bears eat fish,  
When I am hungry, That's what I wish,  
Bears eat fish

Still pretending to be bears, children move around the room to find fish-shaped props and bring them back to the meeting area, while we sing:

Bears catch fish, Bears catch fish  
When I am hungry, That's what I wish  
Bears catch fish

This should be repeated for as long as the children are "fishing." Children can then place their fish on a cookie sheet, which we pretend to put in the oven while we sing,

Bears cook fish, Bears cook fish  
When I am hungry, That's what I wish  
Bears cook fish

Make a "ding" sound like a kitchen timer and take the fish out of the "oven." Each child can take a fish and pretend to eat.

Sing: Bears eat fish, Bears eat fish  
When I am hungry, That's what I wish  
Bears eat fish

To close, review the experience with the children asking questions about the experience like, "Where did you catch the fish?", "What color fish did you catch?", "Did your bear like to eat the fish?"

### Materials

- fish props
- cookie sheet

### Impact

This song uses melody in addition to a steady beat, role play and props to create positive feelings about a healthy food. Steady beat creates focus. The melody establishes an emotional connection with the content. Role play motivates a child to "try on" new ways of being.

### Possible Modifications

Most young children will benefit from some adult guidance to locate the fish. Some children may require leading.

If role playing is too abstract, use a stuffed animal or puppet throughout the sequence.

To extend the experience one could:

- Use stuffed animals and encourage the children to extend role play by taking their baby bears on a fishing trip and then feeding them.
- Substitute other foods that bears like to eat, like berries.

Song on Little Voices for Healthy Choices CD: Track 12

