



Here are some fun sunflower songs to sing with the children.
They are simple to learn and to create actions to.

When Spring Time is here

TUNE:

"The Mulberry Bush" / "Row, Row, Row Your Boat"

Actions:

Have your children lay on the floor and curl up into balls.
Have them pretend they are tiny seeds buried in the ground.

SONG:

This is the way we sprout our roots,
Sprout our roots, sprout our roots.
This is the way we sprout our roots,
When spring time is here.

This is the way we pop through the dirt,
Pop through the dirt, pop through the dirt.
This is the way we pop through the dirt
When spring time is here.

Additional verses:

This is the way we stretch and grow.
This is the way we shoot up so tall.
This is the way we open our buds.
This is the way we bend in the breeze.
This is the way we smile at the sun.



I'm a Little Sunflower

TUNE:

"I'm a Little Teapot"

Actions:

Have children stand with their arms out acting
like their head is the flower head, their body
the stem and their arms the leaves.

SONG:

I'm a little sunflower look and see
Here is my stem and here are my leaves.
When the sun comes up, I turn my head.
When the sun goes down I go to bed.



Flower Fingerplay

A hand is a bud
Closed up tight
Without a tiny
Speck of light.

Then slowly the petals
Open for me
And here is a beautiful
Flower I see!

(close hand into a fist)

(slowly open hand,
one finger at a time)



Don't forget to send us a photo! Upload it via our website
or email it to sunflowers@daltons.co.nz