

THE *SEED CYCLE*

Tune: The Farmer in the Dell

1. The farmer sows his seeds. . . Heigh Ho!
The Derry O! The farmer sows his seeds.
(Seeds curl up on the ground)
2. The wind begins to blow . . .
(Wind players run about waving arms)
3. The rain begins to fall . . .
(Rain players run about, fingers hanging
down to indicate raindrops)
4. The sun begins to shine. . .
(Sun players walk slowly, arms in circle
above head)
5. The seeds begin to grow . . .
(Seed players slowly rise, becoming grain)
6. The farmer cuts his grain . . .
(Action as with scythe; grain falls to ground)
7. The farmer binds his sheaves . . .
(Farmer touches three at a time, who
stand back to back)
8. And now the harvest's in . . .
(All skip around sheaves, hands joined)

Formation: Before song is begun, divide group into seeds, wind, rain, suns, and one farmer. Form large circle. Inside circle are seeds and farmer.

Action: Each group pantomimes words of song and returns to place except seeds who always remain in center.

Suggestion: Simplify by having all children pantomime all parts.