

Parent Tip

Walking Songs Keep Them Moving Along

Keep a few simple songs in your back pocket. When the last bit of a walk or hike seem too much for little legs, a walking song can rejuvenate. Songs with actions can encourage everyone to be a bit silly and turn whining into giggles. Modify the songs to suit your family and situation. Use the actions to keep the children moving along. You'll soon reach your destination with everyone in a better mood.

If you get tired of singing, invent crazy ways to walk and challenge each other to 'walk like this.' Perhaps you may only step on shadows or only on sunny patches. Try guessing how many steps to the next landmark, a tree, rock, bend in the trail, for example - then count your steps. Pick a landmark up ahead and take a good look at it. Now, look down, count for, say 50 steps, look up and see if your landmark looks closer. Repeat!

If all else fails, you can always play the complaining game. Try to out complain each other with your best whiny voices and outrages statements like - *I'm sooooo thirsty I could drink a entire glass of water as tall as the CN Tower.*

A little fun and silliness certainly makes the time fly by.

Happy hiking!



Six Little Ducks

traditional song

(You are never too tired to wibble wobble)

Six little ducks that I once knew
Fast ones, skinny ones, fair ones too.
But the one little duck with the feather on his back,
He led the others with his Quack, quack, quack.
Quack, quack quack-quack, quack, quack
He led the others with his quack, quack, quack.

Down to the river they would go.
Wibble wobble, wibble wobble to and fro.
But the one little duck with the feather on his back,
He led the others with his quack, quack, quack.
Quack, quack quack-quack, quack, quack
He led the others with his quack, quack, quack.

Home from the river they would come.
Wibble wobble, wibble wobble, ho-hum-hum.
But the one little duck with the feather on his back,
He led the others with his Quack, quack, quack.
Quack, quack quack-quack, quack, quack
He led the others with his quack, quack, quack.

Repeat the first verse

A Birdy Way

To tune of "Here We Go Round the Mulberry Bush"

This is the way we scratch for seeds, scratch for seeds,
scratch for seeds.

This is the way we scratch for seeds so early in the morning.

This is the way we peck our food, peck our food, peck our food.

This is the way we peck our food so early in the morning.

This is the way we sit on our eggs, sit on our eggs, sit on our eggs.

This is the way we sit on our eggs so early in the morning.

This is the way we flap our wings, flap our wings, flap our wings.

This is the way we flap our wings so early in the morning.

This is the way we fly away, fly away, fly away.

This is the way we fly away so early in the morning.

(Add more bird behaviors you have observed)

Blackbirds Sitting on a Hill

chant

Many Little Blackbirds sitting on a hill, (*bob up and down*)

Some named Jack (*jump up, arms and legs out—jumping jack*)

Some named Jill (*jump up, and with arms and legs together*)

Fly away Jack (*flap their arms and run ahead a safe distance*)

Fly away Jill (*flap theirs hands and skip ahead*)

Come back Jack (*'fly' back to you*)

Come back Jill (*'fly' back to you*)

OR

Rest there Jack (*stop and rest while you catch up*)

Rest there Jill (*same*)