I’m a Little Acorn: Movement Guide

Ask the children to stand with enough room to stretch their arms and turn safely.

Lyrics	What the children do
I’m a little acorn.	The children point both thumbs toward their chests.
Look at me!	The children make circles around their eyes with their fingers, like pretend glasses.
I’ll grow into a big oak tree.	The children rise onto their tiptoes and lift their arms over their heads. They interlock their fingers and bend their elbows outward to make the wide, rounded top of an oak tree.
Grown-ups help me learn and grow.	The children unlock their fingers and slowly open their arms until they are stretched wide to both sides like tree branches.
They teach me things I need to know.	The children bring their hands toward their heads and point to their brains.
They show me love, and they show me care.	The children wrap their arms around themselves in a hug and gently twist from side to side.
Caring grown-ups are everywhere.	The children open their arms wide and slowly turn in a complete circle, showing that caring grown-ups are all around them.
Grow, grow, grow with me.	The children begin with their hands low and reach upward three times, reaching higher each time.
Reach up high—one, two, three!	The children reach toward the sky three times. With each number, they stretch higher and rise farther onto their tiptoes.
Stand up tall and move your feet.	The children stand as tall as they can and march their feet to the beat.
Clap your hands and feel the beat.	The children clap their hands while swaying from side to side.
Big and strong as I can be.	The children bend both arms, hold their fists near their shoulders, and flex their muscles.
I’m a mighty, mighty oak tree!	The children rise onto their tiptoes and lift their arms over their heads. They interlock their fingers and bend their elbows outward, finishing as wide, rounded oak trees.