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# Snack Time



Many children become distracted and/or irritable around snack time. They get hungry and want to eat NOW. When their tummies start rumbling, don't let them start grumbling! Instead, use this transition to get their attention and keep them calm.

#### Presentation

One way to introduce this transition would be to read a version of the classic story, "Going on a Bear Hunt." Another would be to share the following activity. Tell your class to start packing for an imaginary adventure. It's time to go exploring! They will need a sleeping bag, a change of clothes, and a flashlight. Explain that they will be going on a journey to find something yummy to eat. They may encounter bad weather and wild animals! Lead them around the classroom on this imaginary journey. Act out each step along the way. Start off by pretending to climb a very high mountain. It will be so much work that everyone will need to rest on sleeping bags. Then swim through a cold stream. Everyone will need to change into dry clothes. Next enter a cave and use a flashlight. Sit down in the cave (circle area). Did you hear that sound? A belly made a rumble, and we forgot to pack a snack! Let's find our way back. As you say the transition, tap three children at a time to find their way back to snack!

## Teacher Tip

Naturally, you will not have time to do the whole "bear journey" each day. Once the children are familiar with the story or activity described above, you will need to say, "Did you hear that?" and hold up the adorable visual prompt for them to start the rhyme themselves.

## **Snack Time**

My belly's making a grumble.
My belly's making a grumble.
My belly's making a grumble.
It must be time for snack.
It must be time for snack.
It must be time for snack.
My belly's making a grumble.
Let's get a healthy snack!

(Try singing to the tune for "The Bear Went Over the Mountain" or "For He's a Jolly Good Fellow.")



Snack Time Prompt Snack Time

