



I Rise Like the Sun

Math Action Chant: concept of morning, noon, and nighttime

This relaxing little action chant helps build vocabulary. To begin, recite the chant for youngsters without the actions. Then ask, "What does *noon* mean?" Lead youngsters to conclude that *noon* is another word for 12:00 pm. This is a time when many people eat lunch. Next, have students perform the action chant.

I rise with the sun in the morning. (*Stand and raise arms to make a circle.*)

I'm up like the sun at noon. (*Stay in position.*)

I set like the sun at nighttime, (*Slowly sit down while keeping arms raised.*)

And I sleep by the light of the moon. (*Pillow hands under cheek and lie down.*)

Cindy Hoying
Centerville, OH



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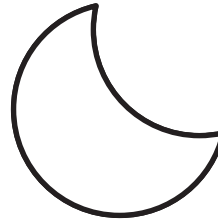
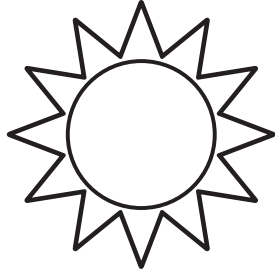
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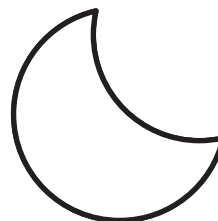
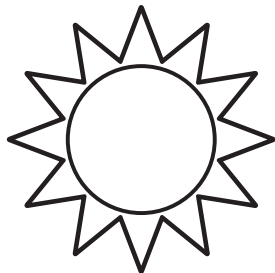
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