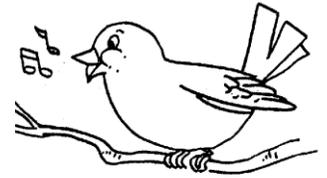




SONGS



The Grand Old Duke of York

Lyrics

The Grand Old Duke of York,
He had ten thousand men.
He marched them up the hill,
and marched them down again.
Now when you're up, you 're up;
and when you're down, you're down.
And when you're only halfway up,
You're neither up nor down.
(Keep repeating going faster each time)

Actions

Whenever you sing "up" stand all the way up.
Whenever you sing "down" crouch down.
Whenever you sing "half way" stand a little bit crouched.

Alice the Camel

Lyrics

Alice the camel has 3 humps,
Alice the camel has 3 humps –
Alice the camel has 3 humps, so go, Alice, go!
Alice the camel has 2 humps...
(Continue until you reach 0 humps, then)
Alice the Camel has no humps,
Alice the camel has no humps,
Alice the camel has no humps,
CAUSE ALICE IS A HORSE!

The Banana Cheer

Lyrics

after you yell "BANANA LOVERS OF THE WORLD UNITE" you yell "PEEL BANANA, PEEL PEEL BANANA, PEEL BANANA, PEEL PEEL BANANA, GO BANANAS, GO GO BANANAS, GO BANANAS, GO GO BANANAS!!!"

Actions

In the beginning you yell "BANANA LOVERS OF THE WORLD UNITE" as you do this you put your hands over your head and put them together as you sing you act like you are a banana peeling by pulling your hands down to the side to the rhythm (this is important!)

Cub Quest

Tune: "This Old Man"

Knights of old, stories tell,
Lived their code of honor well,
Courtesy and loyalty their call, And to
Show respect to all.

Like the knights, Cubs today,
Pledge to live a helpful way,
To honor God and country is our quest,
We always try to do our best!



Hi, My name is Joe

Lyrics

Hi, my name is Joe

And I work in a button factory

I have a wife and a fam-i-ly.

One day my boss ... he said Joe "Are you busy?"

I said NO.

Can you press this button with your RIGHT HAND.

(You start repeatedly pressing a button with your right hand and saying doot, doot, doot.

Keep the movement with your body parts while you sing the next verse)

Hi, my name is Joe

And I work in a button factory

I have a wife and a fam-i-ly.

One day my boss ... he said Joe "Are you busy?"

I said NO.

Can you press this button with your LEFT HAND.

(Continue previous movements, but start repeatedly pressing a button with your left

hand and saying doot, doot, doot. Keep the movement with your body parts while you sing the next verse)

..... Continue until:

right leg,

left leg,

nod your head,

butt,

stick out your tongue,

turn around

LAST VERSE (note that you say YES):

Hi, my name is Joe

And I work in a button factory

I have a wife and a fam-i-ly.

One day my boss ... he said Joe "Are you busy?"

I said YES.

Actions

Keep adding the moving of the body part asked for while still moving all previously asked body parts moving! The kids love this!



Going on a Lion Hunt

Goin' on a lion hunt.
Goin to catch a big one.
I'm not afraid.
Look, what's up ahead?

Mud!
Can't go over it.
Can't go under it.
Can't go around it.
Gotta go through it. [Make sloshing sounds and move hands as if slogging]

Goin' on a lion hunt.
Goin to catch a big one.
I'm not afraid.
Look, what's up ahead?

Sticks!
Can't go over it.
Can't go under it.
Can't go around it.
Gotta go through it. [Snap fingers]

Goin' on a lion hunt.
Goin to catch a big one.
I'm not afraid.
Look, what's up ahead?

Trees!
Can't go over it.
Can't go under it.
Can't go around it.

Gotta go through it. [Make gestures climbing up and down.]

Goin' on a lion hunt.
Goin to catch a big one.
I'm not afraid.
Look, what's up ahead?

Gate!
Can't go over it.
Can't go under it.
Can't go around it.

Gotta go through it. [Make gate-opening gestures.]

Goin' on a lion hunt.
Goin to catch a big one.
I'm not afraid.
Look, what's up ahead?
River!

Can't go over it.
Can't go under it.
Can't go around it.
Gotta go through it. [make swimming gestures]

Goin' on a lion hunt.
Goin to catch a big one.
I'm not afraid.
Look, what's up ahead?

Grass!
Can't go over it.
Can't go under it.

Can't go around it.
Gotta go through it. Grass
[move hands together and apart]

Goin' on a lion hunt.
Goin to catch a big one.
I'm not afraid.
Look, what's up ahead?

Cave!
Can't go over it.
Can't go under it.
Can't go around it.
Gotta go through it. [act like you are feeling your way in a dark cave]

Feel yourself along the wall.
Oh, oh What's this?
Something funny.
With a long soft thing on it's end!

With two sharp things!
Two big gleaming sharp things!
A LION!
Run for your life!

Run out of the cave!
Crawl through the grass!
Swim across the river!
Run through the gate!
Run around the trees!
Jump over the sticks!
Slosh through the mud!
Run into the house!
Close the door!
Run up the front stairs!
Crawl under mom's bed!

Father Abraham

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm!

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm!

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right foot!

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right foot, left foot!

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right foot, left foot,
Chin up!

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right foot, left foot,
Chin up, turn around!

Father Abraham had many sons
Many sons had Father Abraham
I am one of them and so are you
So let's all praise the Lord.
Right arm, left arm, right foot, left foot,
Chin up, turn around, sit down!

ACTIONS:

Right arm: Clench fist, bend and extend arm upward repeatedly throughout song

Left arm: Add left arm in same motion as right

Right foot: Add right foot stepping up and down

Left foot: Add left foot stepping up and down

Chin up: Add head nodding up and down

Turn around: Add turning in place while continuing other motions

Sit down: Sit down

Cabin In the Woods

Lyrics

In a cabin in the woods (Make shape of cabin with hands) Saw a man by the window sill, (Put hand on forehead and look from left to right.) Saw a rabbit hopping by, (Move 2 fingers from left to right.) Knocking at the door. (Make knocking motions) "Help me" (3X) he cried (Move both hands up and down 3X) Before hunter shoots me dead (Do rifle shooting motions) Come little rabbit, come inside (Move hand towards you as if telling somebody to come here.) Safely by the fire. (Move arms up and down alternatively.)

Comments

Leave out a part every time you go through the song but continue to do the motions. That's why they're there.

Boom - Chicka - Boom

I said a Boom - chicka - Boom (Repeat)

I said a Boom - chicka - Boom (Repeat)

I said a Boom - chicka wocka - chicka wocka - chicka boom (Repeat)

All right (Repeat)

O.k (repeat)

Now slow (1st time - go really slow)

Now fast (2nd time - go really fast)

Now high (3rd time - high voice)

Now deep (4th time - deep voice)

Now soft (5th time - get soft)

Now LOUD! (GET Really loud)

Finish with - All right, okay that it's it

Actions

Repeating the verse - after each time line is said, leader at the last line, says the action - then does the next verse with that action, loud, soft, etc.

Bear Hunt

Lyrics

Goin on a bear hunt.
Gonna catch a big one.
I'm not scared.
Lovely day
Tall trees

(CHORUS) Green grass And loooooookin at flowers.

(2X) I see a field.

We can't go around it

Can't go over it

So we gotta go through it.

Let's go (Do motions as if going through a field with large grass, tall shrubs etc.)

(Repeat Chorus) I see a big tree. We can't go around it

Can't go through it

So we gotta go over it.

Let's climb. (Do climbing motions until you hit the top

Look around You see a bear? No? Climb down (Do motions as if going down the tree.)

(Repeat Chorus)

I see a lake. We can't go around it. We can't go over it So we gotta go through it. Take off your socks. Take off your shoes. Jump in the water. Let's start swimming. Stop, tread water. Do you see a bear, No? Keep swimming. Get out of the water. Put on your socks. Put on your shoes. Let's keep going.

(Repeat Chorus)

I see a cave. We can't go around it

Can't go over it

So we gotta go in it.

OK let's go in. It's dark It's creepy. Stop, I feel something. It's furry. It's big. It has eyes.

IT'S A BEEEEEEEEEEEEAAAAAAAARRRRRRRRR!!!!!!!

(Really fast) Get out of the cave Run, Jump in the water. Start swimming. Get out of the water. Run. Go up the tree, down the tree. Keep running, Go through the field. We're almost home. Go up the stairs. Open the door, close the door Whew...we made it home safe.

We're Going on a Bear Hunt Lyrics and Melody

Lyrics (echo in brackets)

We're goin' on a bear hunt
(We're goin' on a bear hunt)
We're going to catch a big one,
(We're going to catch a big one,)
I'm not scared
(I'm not scared)
What a beautiful day!
(What a beautiful day!)

Uh-uh!
Grass!
Long wavy grass.
We can't go over it.
We can't go under it.
Oh no!
We've got to go through it!
Swishy swashy! Swishy swashy! Swishy
swashy!

Chorus: We're going on a bear hunt...

Uh-uh!
A river!
A deep cold river.
We can't go over it.
We can't go under it.
Oh no!
We've got to go through it!
Splash splosh! Splash splosh! Splash
splosh!

Chorus: We're going on a bear hunt...

Uh-uh!
Mud!
Thick oozy mud.
We can't go over it,
We can't go under it.
Oh no!
We've got to go through it!
Squelch squerch! Squelch squerch!
Squelch squerch!

Chorus: We're going on a bear hunt...

Uh-uh!
A snowstorm!
A swirling whirling snowstorm.
We can't go over it.
We can't go under it.
Oh no!
We've got to go through it!
Hooo wooo! Hooo wooo! Hooo wooo!

Chorus: We're going on a bear hunt...

Uh-uh!
A cave!
A narrow gloomy cave.
We can't go over it.
We can't go under it.
We've got to go through it!
Tiptoe! Tiptoe! Tiptoe!
WHAT'S THAT!
One shiny wet nose!
Two big furry ears!
Two big goggly eyes!
IT'S A BEAR!

Quick!
Back through the cave!
Tiptoe! Tiptoe! Tiptoe!
Back through the snowstorm!
Hooooo wooooo! Hooooo wooooo! Hooooo
wooooo!
Back through the forest!
Stumble trip! Stumble trip! Stumble trip!
Back through the mud!
Squelch squerch! Squelch squerch!
Squelch squerch!
Back through the river!
Splash splosh! Splash splosh! Splash
splosh!
Back through the grass!
Swishy swashy! Swishy swashy! Swishy
swashy!
Get to our front door.
Open the door.

Chorus: We're going on a bear hunt...

Up the stairs
Oh no!

Uh-uh!
A forest!
A big dark forest.
We can't go over it.
We can't go under it.
Oh no!
We've got to go through it!
Stumble trip! Stumble trip! Stumble trip!



We've Got That Power

Tune: "*I've Got That Cub Scout Spirit*"

We've got that solar power, giving us heat,
Growing the plants, so we can eat.
We've got that solar power giving us heat,
giving us heat today.

We've got that wind power, blowing on in,
Flying our kites, high in the wind.
We've got that wind power, blowing on in,
Blowing on in today.

We've got that water power, rushing right through,
Turning the wheels, making power for you.
We've got that water power, rushing tight through,
Rushing right through today.

We've got that Cub Scout power, deep in our hearts,
We never rest, doing our best.
We've got that Cub Scout power deep in our hearts,
Deep in our hearts to stay.

It's a Small World

It's a world of laughter, a world of tears,
It's a world of hopes and a world of fears,
There's so much that we share that it's time we're aware,
It's a small world after all.

It's a small world after all,
It's a small world after all,
It's a small world after all,
It's a small, small world.

-Robert B. Sherman and Richard M. Sherman

It's a small world after all,
It's a small world after all,
It's a small world after all,
It's a small, small world.

There is just one moon and one golden sun,
And a smile means friendship to everyone,
Though the mountains divide,
And the oceans are wide, it's a small world after all.

It's a small world after all,
It's a small world after all,
It's a small world after all,
It's a small, small world.

The Star-Spangled Banner

Oh, say, can you see? By the dawn's early light
What so proudly we hailed at the twilight's last gleaming;
Whose broad stripes and bright stars, through the perilous fight,
O'er the ramparts we watched were so gallantly streaming.
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there:
Oh, say, does that star-spangled banner yet wave?
O'er the land of the free and the home of the brave!

On the shore, dimly seen through the mists of the deep,
Where the foe's haughty host in dread silence reposes,
What is that which the breeze, o'er the towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first beam,
In fully glory reflected now shines in the stream:
'Tis the star-spangled banner! Oh, long may it wave
O'er the land of the free and the home of the brave!

And where is that band who so vauntingly swore
That the havoc of war and the battle's confusion
A home and a country should leave us no more?
Their blood has washed out their foul footsteps' pollution!
No refuge could save the hireling and slave
From the terror of flight or the gloom of the grave:
And the star-spangled banner in triumph doth wave
O'er the land of the free and the home of the brave.

Oh, thus be it ever, when freemen shall stand
Between their loved home and the war's desolation!
Blest with victory and peace, may the heav'n-rescued land
Praise the Power that hath made and preserved us a nation!
Then conquer we must, when our cause it is just,
And this be our motto: "In God is our trust":
And the star-spangled banner in triumph shall wave
O'er the land of the free and the home of the brave. We love it so much; I think you do too.

America the Beautiful

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for pilgrim feet
Whose stern impassioned stress
A thoroughfare of freedom beat
Across the wilderness!
America! America!
God mend thine every flaw,
Confirm thy soul in self-control,
Thy liberty in law!

O beautiful for heroes proved
In liberating strife.
Who more than self their country loved
And mercy more than life!
America! America!
May God thy gold refine
Till all success be nobleness
And every gain divine!

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears!
America! America!
God shed his grace on thee
And crown thy good with brotherhood
From sea to shining sea!

O beautiful for halcyon skies,
For amber waves of grain,
For purple mountain majesties
Above the enameled plain!
America! America!
God shed his grace on thee
Till souls wax fair as earth and air
And music-hearted sea!

O beautiful for pilgrims feet,
Whose stem impassioned stress
A thoroughfare for freedom beat
Across the wilderness!
America! America!

God shed his grace on thee
Till paths be wrought through
wilds of thought
By pilgrim foot and knee!

O beautiful for glory-tale
Of liberating strife
When once and twice,
for man's avail
Men Lavished precious life!
America! America!
God shed his grace on thee
Till selfish gain no longer stain
The banner of the free!

O beautiful for patriot dream
That sees beyond the years
Thine alabaster cities gleam
Undimmed by human tears!
America! America!
God shed his grace on thee
Till nobler men keep once again
Thy whiter jubilee!



God Bless America

God Bless America,
Land that I love.
Stand beside her, and guide her
Thru the night with a light from above.
From the mountains, to the prairies,
To the oceans, white with foam
God bless America, My home sweet home.

You're a Grand Old Flag

You're a grand old flag,
You're a high flying flag
And forever in peace may you wave.
You're the emblem of
The land I love.
The home of the free and the brave.
Ev'ry heart beats true
'neath the Red, White and Blue,
Where there's never a boast or brag.
Should auld acquaintance be forgot,
Keep your eye on the grand old flag.

You're a grand old flag,
You're a high flying flag
And forever in peace may you wave.
You're the emblem of
The land I love.
The home of the free and the brave.
Every heart beats true
Under the Red, White and Blue,
Where there's never a boast or brag.
Should auld acquaintance be forgot,
Keep your eye on the grand old flag.



WE'RE GLAD TO SEE YOU HERE

Tune: "Farmer in the Dell"

We're glad to see you here,
It gives us joy and cheer.
Sure, it's true, we say to you,
We're glad to see you here.

This Land is Your Land (Woody Guthrie)

Chorus:

This land is your land - -
 this land is my land,
From California - -
 To the New York Island.
From the redwood forest - -
 To the Gulf Stream waters
This land was made for you and me.

As I was walking - -
 that ribbon of highway
I saw above me - -
 that endless sky-way.
I saw below me - -
 that golden valley.
This land was made for you and me.

I've roamed and rambled
 and followed my footsteps,
To the sparkled lands of
 her diamond deserts.
And all around me a voice
 was sounding,
This land was made for you and me.

THE MORE WE GET TOGETHER

The more we get together,
 together, together,
The more we get together,
 the happier we'll be.
For your friends are my friends
And my friends are your friends
The more we get together,
 the happier we'll be.
The more we get together,
 together, together,
The more we get together,
 the happier we'll be.
For you know that I know,
And I know that I know,
And I know that you know,
The more we get together,
 the happier we'll be.

ON TOP OF SPAGHETTI

On top of spaghetti,
 all covered with cheese.
I lost my poor meatball when
 somebody sneezed.
It rolled off the table
 and onto the floor,
And then my poor meatball
 rolled right out the door.
It rolled in the garden
 and under a bush
And then my poor meatball
 was nothing but mush.
The mush was as tasty
 as tasty could be,
And early next summer,
 it grew into a tree.
The tree was all covered
 with beautiful moss.
It grew lovely meatballs and
 tomato sauce.
So if you eat spaghetti
 all covered with cheese.
Hold onto your meatballs and
 don't ever sneeze.

I'd Like to teach the World to Sing

Chorus:

That's the song I like to hear.
Let the world sing today.
A song of peace that echoes on
And never goes away.

I'd like to build the world a home,
And furnish it with love.
Grow apple trees and honey bees,
And snow-white turtle doves.

Chorus:

I'd like to teach the world to
sing in perfect harmony.
I'd like to hold it in my hands
and keep it company.

Chorus:

All My Fruits and Veggies

Tune: "My Bonnie Lies over the Ocean"

I try to eat all my fruits and veggies,
Cause that's just what I should,
Broccoli, carrots, and taters,
I'm told they are good for you!

Chorus:

Eat them all, eat them all,
Oh, eat them all I do, will do.
Eat them all, eat them all,
Even if some are hard to chew.

Now oranges and grapes are my favorite
Although strawberries and peaches are YUM!
They have vitamins to keep me healthy,
Eating my fruits and veggies is FUN!

Taps

Day is done, Gone the sun,
From the lake, from the hill,
From the sky,
All is well, safely rest,
God is nigh!

Thanks and praise, for our days,
'Neath the sun,
'Neath the stars,
'Neath the sky.
As we go, This we know,
God is nigh!



Good Night, Cub Scouts

Tune: "Good Night, Ladies"

Good night, Cub Scouts,
Good night, Cub Scouts,
Good night, Cub Scouts,
Time to go home now.

We've learned about our reptile friends,
Cub be brave, Cub be brave,
And how to be safe when going,
Up that Cub Scout trail.

Be brave, Cub Scouts,
Grow strong Cub Scouts,
Sweet dreams, Cub Scouts,
Time to go home now.

Cub Scout Vespers

Softly falls the light of day.
As our campfire fades away.
Silently each Cub Should ask,
Have I done my daily task?
For my country done my best?
Prayed to God before I rest?
Helped a friend along the way?
Have I done my best today?

JOHN JACOB JINGLEHEIMER SCHMIDT

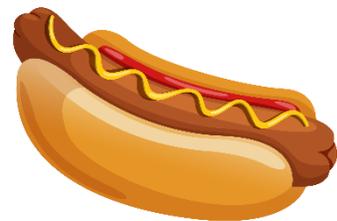
John Jacob Jingleheimer Schmidt
His name is my name too.
Whenever we go out the people
always shout,
“John Jacob Jingleheimer Schmidt”
Da-da-da-da-da-da-da-da.
(repeat four times, each time softer,
until on the last verse sound come
out except Da-da-da-da)

BINGO

There was a farmer had a dog
And Bingo was his name – o,
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O,
And Bingo was his name-o.
(Sing song through six times, the
first time spelling out the name B-I-N-G-O;
second time, spell out first four letters and
clap the “o”; etc. until all five letters are
clapped.)

HOT DOG SONG

(Tune; Oscar Meyer Wiener song)
I wish I was a fat and juicy hot dog.
That is what I’d truly like to be.
‘Cause if I were a fat and juicy hot
dog,
Someone’d always be in love with
me.
(Sing it louder)
(Sing it faster)
*(Sing it the last time as if your mouth
was full)*



IF YOU'RE HAPPY

If you're happy and you know it,
Clap your hands.

If you're happy and you know it,
Clap your hands.

If you're happy and you know it,
And you really want to show it,
If you're happy and you know it,
Clap your hands.

2nd verse:

If you're happy and you know it,
Stamp your feet.

3rd verse

If you're happy and you know it,
Shout 'Hooray'.

4th verse

If you're happy and you know it.
Do all three.

TAKE ME OUT TO THE FOREST

(Tune: Take Me Out to the Ball Game)

Take me out to the forest.
Let me hike in the wild.
Show me a skunk and a few bear tracks.
I won't care if I never come back.

But it's look, look, at your compass.
If it rains, then it pours.
And it's ouch, slap, sting and your bit
In the great outdoors!

THE FLYING BIRDS

(Tune: The Flying Trapeze)

They fly through the air with the greatest of ease.
Those big flocks of pigeons and gulls from the seas.
No dog on the ground or big snakes in the trees,
Can fly high like the ducks and the geese.

I once had a duck, and that duck's name was Phil.
One morning he woke with a terrible chill.
The dew was too heavy, he drowned on the hill.
Yes, he died from an over dew bill.

Once just for a joke me and tim, my big brother,
Caught fifteen wild geese who were downed by the
weather.

We poured on some glue, and found birds of a
feather,
In fact really do stick together.

Oh cows have no feathers, and zebras can't fly.
And aardvarks and beavers can't zoom through the
sky.

And I can't take off although I always try,
I guess I'll be an earth bound guy.

TARZAN OF THE APES

(Tune: Battle Hymn of the Republic)

I like bananas coconuts and grapes.
I like bananas, coconuts and grapes.
I like bananas, coconuts and grapes.
That's why they call me Tarzan of the Apes!

(When you are singing 'I like bananas, coconuts and grapes, bend over with arms swinging in front of you like and ape) (Say last line very loudly and stand up and beat your chest).

CAMP GRACES

This Grace is meant for Boy Scouts.
The Tune: (Rock Around the Clock)

God is great,
God is good
Let us thank Him for our food.
We're gonna thank Him mornin', noon and night.
'Cause our God is outta sight.
We're gonna thank him, thank him, mornin', noon, and night.
Sh, sh, sh, ... yeah!

Flintstones Grace

God is
Great and God is
Good and so we thank Him for our food.
God is
Great and God is
Good and so we thank Him for our food.
Amen, ah-ah-ah-ah-ah-amen.
Amen, ah-ah-ah-ah-ah-amen.
God is
Great and God is
Good and so we thank Him for our -
We thank Him for our -
We thank Him for our food!

God Is Great Grace

Sing in a round for more fun.

God is great and God is good
God is good, God is good.
Let us thank him for this food.
Alleluia!

Johnny Appleseed Grace

Ooooooooooooooh,
The Lord is good to me
And so I thank the Lord
For giving me the things I need
The sun and the rain and the apple seed.
The Lord is good to me.

And every seed that grows
Will grow into a tree,
And one day soon there'll be apples there,
For everyone in the world to share.
The Lord is good to me.

When I wake up each morning,
I'm happy as can be,
Because I know that with God's care
The apple trees will still be there.
The Lord's been good to me.

Philmont Grace

For food, for health, for raiment
for life, for opportunity,
for friendship, for fellowship.
We Thank Thee Oh Lord.

Graces

1. For health and strength and daily food, we give Thee thanks, Oh Lord.
2. For this and all Thy mercies, Lord, make us duly grateful.
3. For food and health and friendship, we give Thee thanks, O Lord.
4. We thank Thee, our Heavenly Father, for this food. Bless us as we partake of it That it may strengthen us for Thy service.
5. Be present at our table, Lord. Be here and everywhere Adored, these mercies bless and grant that we may ever love and serve Thee.

Superman Grace

Thank you Lord, for giving us food
(actions: raise right arm overhead as Superman flying)
Thank you Lord, for giving us food
(actions: raise left arm flying)
For the food that we eat
(actions: standing with both arms over head, to the left)
For the friends that we meet
(actions: standing with both arms over head, to the right)
Thank you Lord, for giving us food!
(actions: move both hands in fists to hips and stand strong like Superman)