

## Lesson 6: If You're Hungry & You Know It

Do together.

Ask "How do you think a bird feels when it finds food? Happy? Excited?" Encourage children to demonstrate different emotions with their facial expressions.

Invite children to tear up pieces of scrap paper then sit in front of their pile of seeds.

Encourage them to sing to the tune of "Happy and You know it"

If you're hungry and you know it, peck some seeds!

If you're hungry and you know it, peck some seeds!

If you're hungry and you know, open your beak and show it.

If you're hungry and you know it, peck some seeds!

As they sing, encourage them to use their hands like beaks to peck and pick up as many pieces of paper as possible.

