

# The Breakfast song

✓No  
Equipment  
Needed

## Equipment:

✓ **Whiteboard and marker**

## DIY Equipment:

*Don't have the equipment needed? Use a piece of paper and pen instead!*

## Get Ready!

Review or write down the lyrics for the Breakfast Song

## Instructions:

We are going to sing a song that is sung to the tune of the "ABCs Song". As each activity is mentioned in the song, you should act it out!

## The Breakfast Song Lyrics

Breakfast starts your brain each day (begin marching)

So you can think, and learn, and play (keep marching)

Breakfast helps you to grow strong (jump and land with legs wide; hold arms out to show muscles)

And it feeds you all day long (begin marching)

Breakfast gives you lots of fuel (keep marching)

To run and jump and learn in school! (mime running and jumping)

## Family Talking Points:

*Discuss together and write or draw your answers in the space provided.*

What healthy breakfast foods do you like to eat?

How do you feel after eating a good breakfast?