

# Weekly Thematic Unit: Starting The Day With Breakfast

## Sing Along Songs

### The Breakfast Song

(Sung to: My Bonnie Lies  
Over The Ocean)

My breakfast is calling this morning.  
My eggs scrambled in a pan,  
My pancakes are doing a flip flop.  
I'm running as fast as I can.

Get up! Get up!  
Oh roll yourself out of the bed, the bed.  
Get up! Get up!  
Oh don't be an old sleepy head!

### Do We Fall Down?

(Sung to: Ring Around the Rosies)

Ring around the rosies,  
A pocket full of posies,  
Oranges, Oranges  
We DON'T fall down.

Ring around the rosies,  
A pocket full of posies,  
Donuts, Donuts  
We ALL fall down.

Include different breakfast food choices  
and allow the preschoolers to decide  
if they should fall or not, given how healthy  
the food is.

### This Is The Way

(Sung to: Here We Go Round  
The Mulberry Bush)

This is the way we start our day.  
Start our day, start our day.  
This is the way we start our day.  
So early in the morning.

This is the way we eat our breakfast,  
Eat our breakfast, eat our breakfast.  
This is the way we eat our breakfast  
So early in the morning.

### Would You Like?

(Sung to: Johnny Works With One Hammer)

Would you like some eggs, eggs, eggs?  
Would you like some eggs, for breakfast?

Would you like some yogurt, yogurt, yogurt?  
Would you like some yogurt for breakfast?

Would you like some toast, toast, toast?  
Would you like some toast for breakfast?

### Breakfast Time!

(Sung to: The Noble Duke of York)

Breakfast time, I'm hungry!  
Here's what I like the most.  
Juice, cereal, and melon  
And a piece of buttered toast.

Don't miss your breakfast.  
Listen to what I say.  
Now I've got some energy.  
Enough to start my day.