**Songs & Fingerplays**

**Hug Your Bear**
Tune: Row, Row, Row Your Boat

Hug, hug, hug your bear,
Squeeze him very tight.
Hold him high,
Help him fly,
Then hug with all your might.

**I Have a Little Heart**

I have a little heart
[place hand over heart]
And it goes thump, thump, thump
[pat chest three times]
It keeps right on beating,
When I jump, jump, jump
[jump three times]
I get a special feeling when I look at you.
[point to child]
It makes me want to give you a hug or two. [hug yourself]

**Love Is**

Love is a circle
Round and round
[make a circling motion with arm]
Love goes up
[raise arms up]
And Love comes down
[lower arms]
Love is on the inside
[pull hands inward towards chest]
Trying to get out
[pull hands away from chest]
Love is whirling and twirling about!
[move hands in a spinning motion]

**Two Little Friends**
[hold up fingers as you go]

Two little friends are better than one,
And three are better than two
And four are much better still
Just think! What four little friends can do!

---

**Theme: Bear Hugs!**

**Books to Share**

It’s the season of love, and we are celebrating with everyone’s favorite huggable animal—bears! In *The Very Best Hug*, children can imagine what animal gives the best hugs, from cuddles from koalas to wiggly walruses and even prickly porcupines. *Hugless Douglas* features a bear just waking up from hibernation in need of a hug. He searches high and low for that perfect hug, ending with a special one for a loved one. Our rhymes, songs, and fingerplays feature lots of love and offer the perfect opportunity to steal a few extra snuggles with your little one!

* A Splendid Friend, Indeed by Suzanne Bloom
* Hugless Douglas by David Melling
* I Love You Forever and a Day by Amelia Hepworth
* Sweet Hearts by Jan Carr
* The Very Best Hug by Smriti Prasadam-Halls

**Nursery Rhyme:** Under a Hill  
**Music:** “I Love You Too” from *Music is in Everything* by Ziggy Marley

---

**Looking for more book ideas?**
**Check these out!**

**Your next visit date will be Month _____**
**Next month’s theme will be Bunny Tales**
Try a Fun Activity

**Fork Painted Bears**
- Plastic Forks
- Black and Brown Paint
- Black, Light Gray, Brown, Light Brown and White Cardstock
- Googly Eyes
- Glue Stick
- Black Marker

1. Draw a large circle on the white cardstock
2. Dip the plastic fork into the black or brown paint (depending if you want to make a black or brown bear) and press onto the paper. Make sure the fork tips are facing outwards towards the edge of the circle.
3. Reapply the paint to the fork several times and continue until fully painted.
4. Allow to dry.
5. Cut out ear shapes and glue to the bear. Repeat for the nose piece and nose.
6. Add a smile with the marker
7. If using as a card, write the message “I love you beary much” or another fun message.

https://www.madetobeamomma.com/fork-painted-bears/

More Rhymes

**Make a Heart**

I put my hands together
[hands palm-to-palm]
This is how I start
I curve my fingers right around
(curl fingertips]
And I can make a heart!

**Put Your Puppet on Your Heart**

Tune: If You’re Happy and You Know It

Put your puppet on your heart, On your heart.
Put your puppet on your heart, On your heart.
Put your puppet on your heart. What a lovely way to start!
Put your puppet on your heart, On your heart.

Additional verses:
...on your knee... You’ll both be filled with glee...
...on your toes... Now move it to your nose...
...on your head... Put your puppet straight to bed...
Give your puppet a big hug...make them snug as a bug in a rug!

**Where is Thumbkin?**

Where is Thumbkin,
Where is Thumbkin?
Here I am, Here I am,
How are you today, friend?
Very well, I thank you.
Run away, run away.
[repeat with pointer and pinky]

[with thumb, pointer, and pinky]
Where are three friends,
Where are three friends?
Here we are, Here we are,
How are you today, friends?
Very well, we thank you.
I love you, I love you.

Questions or suggestions?
Contact: Theresa Stephens at 410-638-3151 x6326 or stephens@hcplonline.org

Using puppets is a great way to introduce children to feeling words like happy, sad, and angry. Puppets also allow children to feel comfortable when exploring challenging concepts like getting to bed on time or going on a trip. Harford County offers puppets for checkout as part of our Learning and Sharing Collection, or use your child’s favorite stuffed animal.