

**Rhymes and Songs**  
**Parent-Child Mother Goose Program**  
**(South Shore Literacy Council)**

WINTER 2025 - Greenfield Park, Brossard, Zoom,  
St. Lambert & St. Bruno

**Introductory Rhymes and Songs:**

**The more we get together, together, together...**

The more we get together, the happier we'll be  
'Cause your friends are my friends, and my friends are your friends  
The more we get together, the happier we'll be  
There's (child's name) and (parent's name) .....

And the more we get together, together, together

The more we get together, the happier we'll be

**Star Light, Star Bright**

The first star I see tonight  
I wish I may, I wish I might  
Have the wish I wish tonight

**Tappe, tappe, tappe...**

Pique –pique –pique  
Roule –roule- roule  
Cache – cache- cache  
Coucoul!

**Bouncy Songs/Action:**

**Acka backa soda cracker, acka backa boo**

Acka backa soda cracker, up goes you  
Acka backa soda cracker, acka backa boo  
Acka backa soda cracker, I love you

**1, 2, 3 4, 5, 6, 7...**

Violette, Violette  
1, 2, 3, 4, 5, 6, 7  
Violette en bicyclette

**The Grand Old Duke of York, he had ten thousand men**

He marched them u to the top of the hill  
And he marched them down again  
And when they're up, they're up  
And when they're down, they're down  
But when they're only half way up  
They're neither up nor down

**A bouncing we will go**

A bouncing we will go  
High-ho-the-dairy-oh...a bouncing we will go  
A rocking we will go, a rocking we will go  
High-ho-the-dairy-oh...a rocking we will go  
A tickling we will go, a tickling we will go  
High-ho-the-dairy-oh...a tickling we will go

**The Elevator Song**

Let's go riding in an elevator...  
Elevator....elevator  
Let's go riding in an elevator  
Come along with me  
1<sup>st</sup> floor  
2<sup>nd</sup> floor  
3<sup>rd</sup> floor  
4<sup>th</sup> floor  
5<sup>th</sup> floor  
Down, down, down, down, down

**Hurry, hurry, drive the firetruck**

Hurry, hurry, drive the firetruck  
 Hurry, hurry, drive the firetruck  
 Ding, ding, ding, ding, ding....DING  
 Hurry, hurry, turn the corner  
 Hurry, hurry, turn the corner  
 Hurry, hurry, turn the corner  
 Ding, ding, ding, ding, ding....DING  
*Hurry, hurry, climb the ladder...*  
*Hurry, hurry, spray the water...*  
 Fire is alllll out!!! YAY!

**A hip, a hip, a hip-po-pot-a-mus**

Got on, got on, got on a city bus  
 And all, and all, and all the people said....  
 Your SQUISHING US!!!  
 \*A cow got on a bus/MOOOOO-VE over!!!  
 \*A sheep got on a bus/BAAAAA-CK up!!!  
 \*A spider got on the bus/YOU'RE TICKLING me!

**Cha cha chabogin**

Cha cha chabin  
 Watch out little baby  
 You might fall in!! (drop your child gently between your legs)

**Bouncing, bouncing, baby on my knee**

Bouncing, bouncing...  
 1...2....3!!!! (lift the child up high)  
 Continue with.....  
 Rocking, rocking, baby on my knee.....  
 Tickling, tickling, baby on my knee.....

**I Bounce you here**

I bounce you there  
 I bounce you bounce you, everywhere  
 I bounce you here  
 I bounce you there  
 I bounce you HIGH in the air

**Pirate Song**

It was a sunny day and I went to play  
 Down by the sea  
 I climbed aboard a pirate ship  
 And the captain said to me  
 We'll go this way, that way  
 Forwards, backwards  
 Up and down, up and down  
 Over the deep blue sea  
 \*Repeat with any weather conditions: rainy, windy, stormy, foggy, etc..

**Tickling:****Pizza Pickle**

Pizza pickle pumpernickel  
 My little girl (or boy) shall have a tickle  
 One here (tickle, tickle) one there (tickle, tickle)  
 One....EVERYWHERE ...(tickle, tickle, tickle)

**Where oh where are baby's fingers**

Where oh where are baby's toes  
 Where oh where are baby's belly buttons  
 Round and round it goes

### **Tickle Bugs, tickle bugs**

Hunting feet  
Creeping and crawling  
All over the sheets  
A one, a two  
Catch 'em like this  
A tickle tickle tickle and a great big kiss

### **This Little Piggy went to market**

This little piggy stayed home  
This little piggy had roast beef / or roast beets  
This little piggy had none  
And this little piggy went...  
Wee, wee, wee...all the way home

### **Finger Play-Opposites-Action-Participation**

#### **Put your finger in the air, in the air (2x)**

Put your finger in the air, and leave it for a year  
Put your finger in the air, in the air  
Put your finger on your cheek, on your cheek (2x)  
Put your finger on your cheek, and leave it for a week  
Put your finger on your cheek, on your cheek  
Put your finger on your nose on your nose (2x)  
Put your finger on your nose, that's where the cold wind blows  
Put your finger on your nose, on your nose  
Put your fingers all together, all together (2x)  
Put your fingers all together, and clap for warmer weather  
Put your fingers all together, all together

#### **Opposites Song**

The iceberg moves slow...slow, slow, slow  
The penguin swims fast...fast, fast, fast  
The snow is cold...cold, cold, cold  
The soup is hot...hot, hot, hot  
A squirrel is small...small, small, small  
A polar bear is big...big, big, big

### **Roly Poly, Roly Poly**

Up, up, up\_up, up, up  
Rol, roly, poly, Roly, roly, poly  
Down, down, down\_down, down, down  
Roly Poly, Roly Poly  
Out, out, out\_out, out, out  
Roly, roly, poly ,roly, roly poly  
In, in, in\_in, in, in  
Roly Poly, Roly Poly  
Slow, slow, slow,\_slow, slow, slow  
Roly, Roly, Poly, Roly, Roly, Poly, **FAST FAST FAST\_FAST FAST FAST!**

### **J'aime papa, j'aime maman**

J'aime mon petit chat, mon petit chien, mon petit frère  
J'aime papa, j'aime maman  
J'aime ma grand-mère et mon gros éléphant

### **I LOVE Tacos**

Tacos, tacos, tacos  
I love tacos  
They are good for me  
Guacamole on my nose, guacamole on my nose  
On my nose, on my nose....Whooohhh...  
I love tacos  
Tacos, tacos, tacos  
I love tacos  
They are good for me  
(Continue with other body parts and back track to use your memory skills)

### **Old McDonald had a farm**

Eeey yi, eeey yi, yo  
And on his farm he had a pig  
Eeey yi, eeey yi, yo  
With a oink oink here and a oink oink there  
Here an oink, there and oink, everywhere and oink, oink  
Old McDonald had a farm  
Eeey yi, eeey yi, yo  
(continue with various animals)

**Fi, fy, fo fum**

These are my fingers and this is my thumb  
Fi, fy, fo, fum  
Goodbye fingers and goodbye thumb

**Crackers and Crumbs, Crackers and Crumbs**

These are my fingers and these are my thumbs  
These are my eyes, these are my ears  
And they'll all grow bigger in the next 10 years!!

**Heart Hands (Seasonal-Valentines)**

I put my hands together  
This is how I start  
I curve my fingers right around  
And I can make a heart

**Groundhog, groundhog, come on out and play (Groundhog Day)**

It's a beautiful, beautiful, February day  
The sun is shining and the sky is blue  
Won't you come on out, I want to play today  
Groundhog, groundhog, come on out and play  
It's a gloomy, gloomy, February day  
The sun is hiding and the sky is grey  
Won't you come on out, I want to play today

**There was a chubby snowman (Seasonal-Winter/Easter)**

He had a carrot nose  
Along came a bunny and what do you suppose  
The hungry little bunny, looking for some lunch  
Ate the snowman's carrot nose  
Nibble, nibble, CRUNCH!!!

**Chanson des animaux**

Y'avait des crocodiles,  
Et des orangs-outans,  
Des affreux reptiles,  
Et des jolis moutons blancs,  
Y'avait des chats, des rats, des éléphants,  
Il ne manquait personne,  
Pas même les deux lionnes  
Et la jolie licorne

**Do you like....**

Do you like hamburgers??  
YES I DO!  
Do you like pumpkin sauce??  
YES I DO!!  
Do you like HAMBURGER PUMPKIN SAUCE???  
(make any combination of 2 food and have fun with it)

## Counting

### **One little, two little, three little snowflakes**

Four little, five little, six little snowflakes

Seven little, eight little, nine little snowflakes

Ten snowflakes falling on my nose

\*Count backwards and have one little snowflake fall on a different body part

### **7 Potatoes**

1 potato

2 potato

3 potato

4

5 potato

6 potato

7 potato

MORE!

7 Potato

6 potato

5 potato

4

3 potato

2 potato

1 potato

NO MORE!!!!

### **3 little monkeys, swinging in a tree**

Teasing Mr. Polar Bear

'You can't catch me, no you can't catch me'

Along came Mr.Polar Bear, as quiet as can be

Grhhhhh

\*Continue to count down to 1

\*Finish with 'You missed me, you missed me, now you got to kiss me'!!

### **10 Dancing Leprechauns (Seasonal-St.Patricks)**

Dancing around the town

5 of them were green and 5 of them were brown

5 dancing up and 5 dancing down

10 dancing leprechauns, dancing around the town

### **5 Little Hearts, all in a row (Seasonal-Valentines)**

The first one said, 'I love you so'

The second one said, 'Will you be my Valentine'

The third one said, 'I will, if you'll be mine'

The fourth one said, 'You will always be my friend'

The fifth one said, 'We'll be friends until the end'

### **One finger, one finger**

Turn turn turn

Turn into a worm, wiggle wiggle wiggle

Two fingers, two fingers

Turn turn turn

Turn into a bunny, hop hop hop

Continue with:

Three fingers-Turn into a cat/meow meow meow

Four fingers- Turn into a butterfly/flutter flutter flutter

Five fingers-Turn into a dinosaur/roar roar roar

### **Rhythm Tapping Songs:**

#### **Baby Boots**

Mommy boots

Daddy boots

GIANT boots

(can add grandma, grandpa, sibling boots, family members, friends)

#### **Sticky, sticky, sticky bubble gum OR maple syrup**

Bubble gum, bubble gum/maple syrup, maple syrup.

Sticky, sticky, sticky bubble gum/maple syrup, maple syrup

Sticking to your.....

HAIR!!!! Oooooohhhhhh (try and get it off)

KNEE!!!! Oooooohhhhhh

BUM!!!! Oooooohhhhhh

**I have a little heart and it goes thump, thump, thump**

And it keeps on beating when I jump, jump, jump

I get a special feeling when I look at you

And it makes want to give you a hug or two

I have a little heart and it goes thump, thump, thump

And it keeps on beating when I go clap, clap, clap

I get a special feeling when I look at you

And it makes me want to give a you a hug or two

**There's a cobbler on my street**

Mending shoes for little feet

With a bang, with a bang, with a bang, bang, bang

With a bang, with a bang, with a bang, bang, bang

Mending shoes the whole day long

Mending shoes to make them strong

With a bang, with a bang, with a bang, bang, bang

With a bang, with a bang, with a bang, bang, bang

Mending heals and mending toes

Mending shoes for when it snows

With a bang, with a bang, with a bang, bang, bang

With a bang, with a bang, with a bang, bang, bang

**Quiet/Lullabye Songs:****This little light of mine**

I'm going to let her (*him/them*) shine

This little light of mine

I'm going to let her shine

Let her shine, let her shine, let her shine

**Snowflake, snowflake**

Little snowflake...little snowflake

Falling from the sky

Snowflake, snowflake

Little snowflake...little snowflake

Falling from the sky...

Falling on my head

Falling on my nose

Falling on my tongue

Falling on my toes

**Doucement, doucement**

Doucement s'en va le jour

Doucement, doucement

À pas de velours.

Dans le creux des nids

Les oiseaux blottis

Se sont endormis

Bonne nuit.

**Baby mine**

Close your eyes

Baby mine

Don't you cry

Lay your head close to my heart

Never to part

Baby of mine

**Snows are falling on Douglas Mountain**

Snows are falling so deep

Snows are falling on Douglas Mountain

Putting all the bears to sleep, putting all the bears to sleep

**To know, know, know you**

Is to love, love, love you

Just to see you smile, makes my life worth while

To know, know, know you

Is to love, love, love you.....And I do, yes I do, yes I do

**Soft kitty, warm kitty**

Little ball of fur

Happy kitty, sleepy kitty

Purr, purr, purr

**Love me tender, love me sweet**

Never let me go

You have made my life complete

And I love you so

Love me tender, love me true

All my dreams fulfilled

For my darling, I love you...And I always will!

### **Toora, loora, loora (Seasonal-St.Patricks)**

Toora, loora, li....Toora, loora, loora  
Hush now don't you cry  
Toora, loora, loora...Toora, loora, li....  
Toora, loora, loora  
It's an Irish lullaby

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### **See the sleeping bunnies, sleeping till it's noon**

Come let us wake them with a merry tune  
Oh, so still; are they ill?  
Shhh ..... DING, DING, DING  
Hop, little bunnies, hop, hop, hop  
Hop, little bunnies, hop, hop, hop  
Hop, little bunnies  
Hop..... and stop.....

### **Standing Up Songs:**

**I Dropped my hat...**Pick it up, pick it up  
I Dropped my hat....Pick it up, pick it up  
I Dropped my hat...Pick it up, pick it up  
And put it on my head  
Picka, picka, picka...Pick it up, pick it up  
Picka, picka, picka...Pick it up, pick it up  
Picka, picka, picka...Pick it up, pick it up  
And put it on my head  
*Mitts, scarf, etc....*

### **Tick tock tick tock I'm a little cuckoo clock**

Tick tock tick tock the time is now; one o'clock ..... Cuckoo!  
Tick tock tick tock I'm a little cuckoo clock  
Tick tock tick tock the time is now two o'clock ..... Cuckoo! Cuckoo!  
Tick tock tick tock I'm a little cuckoo clock  
Tick tock tick tock the time is now three o'clock ..... Cuckoo! Cuckoo!

### **Waltzing with Bears**

1, 2, 3....1, 2, 3....Waltzing with bears  
1, 2, 3....1, 2, 3....All 'round the chairs  
1, 2, 3....1, 2, 3....That's what we'll do  
1, 2, 3...1, 2, 3....Waltzing with you

### **I'm a Little Snowman**

Short & fat  
Here is broom  
Here is my hat  
When it's cold and icy, I will stay  
When it's hot I'll melt away

### **Once there was a Snowman, Snowman, Snowman**

Once there was a snowman....Tall, tall, tall  
In the sun he melted, melted, melted  
In the sun he melted....Small, small, small

### **I'm getting dressed myself, I'm getting dressed myself**

Hi-ho, the derry-o, I'm getting dressed myself  
I'm putting on my pants, I'm putting on my pants  
Hi-ho, the derry-o, I'm putting on my pants  
(repeat with any piece of clothing)

### **I'm a little teapot**

Short and stout  
Here is my handle  
And here is my spout  
When I get all steamed up  
Hear me shout  
Just tip me over and pour me out

### **I'm a little Leprechaun** (tune of Little Teapot)

Short and green  
The tiniest man that you've ever seen  
If you ever catch me  
So it's told  
I'll give you my big pot of gold

### **London Bridge (or Dublin Bridge/St.Patty)is falling down**

Falling down, falling down  
London bridge is falling down  
My fair Lady-O  
Build it up with mortar & bricks  
Mortar & bricks, mortar & bricks  
Build it up with mortar & bricks  
My fair Lady-O

### **Head and shoulders, knees and toes**

Knees and toes, knees and toes  
Head and shoulders, knees and toes  
Eyes, ears, mouth and nose

### **Tête, épaules, genoux, orteils,**

Genoux, orteils, genoux, orteils,  
Tête, épaules, genoux, orteils,  
Yeux, nez, bouche, oreilles

### **Winter Freeze Dance**

Dance like a polar bear all around  
All around, all around  
Dance like a polar bear all around  
But stop when I say.  
Freeze!!  
Let's skate like penguins!  
Skate like a penguin all around  
All around, all around  
Skate like a penguin all around  
But stop when I say.  
Freeze!!

### **Let's go to the zoo**

And stand like the flamingos do (on one leg)  
Let's go to the zoo and stand like the flamingos do  
Stand, stand, stand, stand  
\*continue with other animals-elephant/stomp, lion/roar

### **Dinosaur Stomp**

Dinosaurs have great big feet that stomp, stomp, stomp  
Dinosaurs have great big teeth that chomp, chomp, chomp  
Stomp, stomp, stomp  
Chomp, chomp, chomp  
Stomp, stomp, stomp  
Chomp, chomp, chomp  
I'm a saurus, stomp stomp  
You're a saurus, chomp, chomp  
We're a saurus, stomp, stomp, chomp

### **We're going to walk, walk, walk and walk**

We're going to walk, walk, walk and walk  
Turn around, reach up, reach down  
We're going to walk walk walk walk, walk walk walk walk  
Walk walk walk and STOP  
\*continue with other actions: jump, tiptoe, dance, etc...

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### **Zoom zoom zoom we're going to the moon**

Zoom zoom zoom we're going to get there soon  
If you want to take a trip, climb aboard my rocket ship  
Zoom zoom zoom, we're going to the moon  
5 – 4 – 3 – 2 – 1 Blast off!!!!!!!

### **Bananas Unite**

Pick bananas, pick, pick bananas(x2)  
Peel bananas, peel, peel bananas (x2)  
Slice bananas, slice, slice bananas (x2)  
Eat bananas, eat, eat bananas (x2)  
And goooooooo BANANAS  
And you peel it to the left, and you peel it to the right  
And you peel it down the middle and you take a BIG bite....YUM!  
And.....GOOOOOO BANANAS!!!!!!



## Good-bye everybody, good-bye everybody, good-bye everybody

It's time to say good-bye

Merrily we roll along, roll along, roll along

Merrily we roll along, over the deep blue sea

Sweet dreams everybody, sweet dreams everybody, sweet dreams everybody

It's time to say goodbye!!!

**TALK, READ, AND SING TOGETHER EVERY DAY!  
IT'S NEVER TOO EARLY TO HELP YOUR CHILD LEARN.**

Learn more about your baby by watching for developmental milestones. Smiling, cooing, and babbling are just a few. Your baby will show you many more milestones in how he plays, learns, speaks, acts, and moves! Look for your child's milestones regularly and share his progress with the doctor at every well-child visit.

**TIP:** Respond to your baby's first smiles, gurgles, and coos — she's talking to you and wants you to talk, too!

**BIRTH TO 2 MONTHS**

- Coos, makes gurgling sounds
- Turns head toward sounds

**4 MONTHS**

- Begins to babble
- Babbles with expression and copies sounds he hears

**6 MONTHS**

- Responds to sounds by making sounds
- Responds to own name
- Begins to say consonant sounds (jabbering with "m," "b")

**9 MONTHS**

- Understands "no"
- Makes a lot of different sounds like "mamama" and "babababa"

**TIP:** Hold and talk to your baby; smile and be cheerful while you do.

**TIP:** Read books to your baby every day. Praise him when he babbles and "reads" too.

**12 MONTHS**

- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Tries to say words you say

**18 MONTHS**

- Says several single words
- Points to show someone what he wants

**TIP:** When you read with your child, have her turn the pages. Take turns labeling pictures with your child.

**TIP:** Describe what your baby is looking at; for example, "red, round ball."

**2 YEARS**

- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Follows simple instructions

**3 YEARS**

- Follows instructions with 2 or 3 steps most of the time
- Carries on a conversation using 2 to 3 sentences

**4 YEARS**

- Tells stories
- Can say first and last name
- Knows some basic rules of grammar, such as correctly using "he" or "she"

**5 YEARS**

- Speaks very clearly
- Says name and address
- Uses future tense; for example, "Grandma will be here."

Dear Mother Goose Families,

Thank you all for the wonderful memories that will forever be with us! These special moments that we got to share with you and your little ones, will be cherished in our hearts always. Keep singing & telling stories!

Laurel, Jana & Maureen xxoo

*\*Oral stories on last page*

## **ORAL STORIES**

**Piggie & Elephant Play Ball (Jana)**- As Piggie and Elephant are playing catch, their friend Snake slithers along and asks if he can play too. Piggie & Elephant don't know how to break it to him that because he is a snake, he can't play because he doesn't have any arms. Snake is hurt and insists that her tries. The ball hits him everywhere and he gives up. His friends were right he thought. Snake felt so sad. Then Piggie has an idea that might work. He asked Snake to roll himself into a ball and they can throw him around catch him like a ball. Sure enough it works and they have a grand old time playing together.

### **Mother Mouse & 2nd Language (Laurel)**-

Mother Mouse takes her little kids on an adventure in the city. She explains the many fascinating things in the city but also teaches them all the danger in the city as well. The one little adventurous mouse was always ahead of the rest until suddenly he came face to face with a cat. Mother Mouse protected her little one immediately and faced that cat by barking as loud as she could. This scared the cat and it ran away. Mother then reminded her children of the importance of learning a 2nd language.

**The Mitten (Jana & Maureen)**- Niko lives in a little cottage near the forest with his parents and his Baba (Grandma in Ukrainian). Niko would love for his Baba to knit him a new pair of white mittens. She tells him that it is not a good idea because they will get lost in the snow. He insists so she knits him a pair because she could never say no to Niko. Sure enough, he loses one. Many forest animals find the warm mitt and squeeze inside until a little mouse arrives on the bear's nose and bear sneezes so hard that all the animals fly out of the mitten. Niko looks up in the air to see his mitten flying and runs home with his stretched mitten to prove to Baba that he did not lose his mitts.

**A Perfect Heart (Laurel)**- A handsome, well dressed man arrives into the town square. He gets everyone's attention by shouting that he has the most beautiful, perfect heart and everyone should see. All of the villagers are very impressed by its perfection. An old gentleman comes along and tells the young, arrogant man that 'No, he does not have the perfect heart' and in fact, the older man does. When he shows the young man his scarred, bumpy, aged heart...the young man disagrees. The older gentleman explains that his heart has lived through love, joy, heartache, disappointment, etc. and that is the perfect heart. The young man agrees, and they exchange of piece of their hearts with each other.

### **Thomas's Snowsuit- (Maureen & Laurel)**-

Thomas gets a new snowsuit and it is a colour he detests. BROWN! He refuses to wear it but his mother wrestles with him to get it on. At school, it is recess and everyone goes outside except for Thomas. He now refuses to put it on for his teacher. She also wrestles with him to get it on but in the event, her dress ends up on him and his snowsuit on her. The principal comes along and wrestles with Thomas also, to get it on. The clothes get mixed up again and some are even in their underwear. Thomas finally puts on his snowsuit for a friend that called him to play. Just like that. The principal retires the next day and moves to Arizona where they don't need to wear snowsuits.

**I Love you Grandma (Jana)**-Little Bear gets to spend the day with his Grandma, his favourite thing to do in the whole world. As all little bears, he has LOTS and LOTS of questions such as why is my nose so long, why are my claws so long, why is my tongue so long. Grandma shares her wisdom with him and explains that they are all to help him find food. With her love and guidance, he learns the importance of those questions. His last question? Why do you know so much Grandma? She explains that she too was curious and asked lots of questions and it is really important to do so. He tells her how much he loves her. She does the same!

**The Key to The Kingdom (Laurel-online and SB \*filling gaps for snow days)** – Memory Story with finger actions/Say it from beginning to end and then end to beginning – Key, kingdom, hill, road, house, room, bed, basket, blanket, baby (then repeat by backtracking)

**Paper Bag Princess (Jana)**- Young Elizabeth dreams of being a princess and does everything to impress the local prince, Prince Arthur, by wearing her prettiest dresses, pretty hair, etc. Sadly, he doesn't notice her nor anyone else in fact because he is too busy looking at himself in the mirror. One day at his castle, Elizabeth was trying to impress him and a dragon came along and blew fire on the castle and burnt it down. The dragon also scooped up Arthur and took him away. Since Elizabeth's dress flew off during the action, she found a paper dress to put on and she was going to rescue Arthur. After negotiating with the dragon, she finally got her Arthur back. But Arthur wasn't too thankful and only criticized her for her ugly dress, ugly hair, dirty face. She realized that she didn't need him and she would start her own kingdom, build her own castle and train her own dragons.

### **Shoemaker & The Leprechauns (Laurel)**-

In a village in Ireland, a local shoemaker had fallen on hard times. He was tired and discouraged that his business wasn't doing very well. He laid his last piece of leather down and would do his last pair of shoes in the morning. When he woke up, the shoes were already made but he didn't understand how. Shortly after, someone came in and loved the shoes so much that they paid double for them. So the shoemaker decided to do the same thing with more leather. The next morning there were 2 new pair of shoes. Someone bought them immediately. This continued for a few days until his wife said, 'We have to see who is doing this'. So she watched through the night and discovered that it was 2 naked elves making the shoes. The wife decided to make some clothes for them and the shoemaker made them some shoes. They came a last time and made their last pair of shoes, put on their new clothes and shoes and left, never to be seen again. The shoemaker's business was now thriving, thanks to the 2 leprechauns.

### **Bucket Filling (Maureen-SB only)**-

We have all heard about things such as bucket lists, or filling our bucket. Well for Bucket Filling, every day you start with an empty bucket and you decide what you are going to fill it with. It could be anything you wish that are not material goods such as good deeds or good thoughts that will fill your personal bucket. It may even be the person you are interacting with. A smile, a hug, saying thank you, holding the door, helping with the dishes. Simple, small things and gestures that will make you feel good but even more often, make other people feel even better. But if you are grumpy or unkind or malicious, etc...then your bucket empties. And the possibility of someone else's emptying too.