

Simple Past Tense – Goldilocks and the Three Bears

NOTE: Each line has four beats. Extra beats in each line are kept with body percussion. The first syllable (or word) in each cell has the strong beat, extra words are unstressed and spoken quickly. Therefore, when the first word of a line is unstressed (such as 'the') it appears at the end of the previous line. (The first word, 'a', is unstressed, the beat falls on 'fa-mily')

The past tense verbs are all stressed, and are printed in **bold** text. The verbs 'arrived' and 'returned' both have stress on the second syllable, therefore they are split between two cells.

It is a good idea to establish a steady body percussion beat pattern to keep going throughout the chant except where there are special actions. For example, something very simple such as:

1	2	3	4
pat thighs	pat thighs	clap	clap

Or something a little more complex:

1	2	3	4
pat pat	clap clap	click (to right)	click (to left)

And of course foot movements can also be integrated as the children become more adept at keeping a beat.

Actions should be over-emphasised – for instance, 'walking' should include arm movements and some degree of hip swaying.

Here are the words, and suggested special actions:

It is set out for 4 groups or individuals, but of course this can be varied to any number or just one.

Speaker(s) ↓	Text / Actions			
<i>(beats)→</i>	1	2	3	4
1	(A) family of	Bears	lived in the	forest.
	*	*	*	*
1	Father Bear,	Mother Bear, and	Baby	Bear. They
	*	*	*	*
1	lived in a	house in the	forest.	
	<i>(draw house) ↑</i>	<i>↗</i>	<i>↘</i>	<i>↓</i>
2	Mother Bear	cooked some	hot, hot	porridge. She
	<i>(stirring)</i>	<i>(stirring)</i>	<i>(pretend to touch sth hot)</i>	<i>(pretend to touch sth hot)</i>
2	cooked the	porridge.	Hot, hot	hot! The
	<i>(stirring)</i>	<i>(stirring)</i>	<i>(pretend to touch sth hot)</i>	<i>(pretend to touch sth hot)</i>
3	Bears	walked in the	forest.	
	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>
3	Father Bear	walked,	Mother Bear	walked,
	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>
3	Baby Bear	walked.		
	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>
4	Goldilocks	lived in a	house near the	forest.
	<i>(draw house) ↑</i>	<i>↗</i>	<i>↘</i>	<i>↓</i>
4	Goldilocks	walked in the	forest.	She
	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>
4	walked in the	forest.		She a-
	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>	<i>(walking)</i>
1	-rrived at the	Bears'	house.	She
	*	*	*	*
1	opened the	door.		
	*	*	*	*
2	Goldilocks	tasted the	porridge.	
	<i>(eating)</i>	<i>(eating)</i>	<i>(eating)</i>	<i>(eating)</i>

2	Hot – ow!	oooow!	Cold – ergh!	yuck!
	<i>(pretend to touch sth hot)</i>	<i>(pretend to touch sth hot)</i>	<i>(show disgust)</i>	<i>(show disgust)</i>
2	Just	right!	Mmmm	Mmmm!
	<i>(rub stomach)</i>	<i>(rub stomach)</i>	<i>(rub stomach)</i>	<i>(rub stomach)</i>
3	Goldilocks	tried the	chairs.	
	<i>(sitting)</i>	<i>(sitting)</i>	<i>(sitting)</i>	<i>(sitting)</i>
3	Hard – ow!	oooow!	Soft –ah!	aaaaah!
	<i>(pain in back side)</i>	<i>(pain in back side)</i>	<i>(sinking)</i>	<i>(sinking)</i>
3	Just	right!	Oooops!	<i>(crack!)</i>
	<i>(sitting)</i>	<i>(sitting)</i>	<i>(hands up)</i>	<i>(falling)</i>
4	Goldilocks	climbed the	stairs to the	bedroom.
	*	*	*	*
4	Too hard – ow!	oooow!	Too soft – ah!	aaaah!
	<i>(pain in back side)</i>	<i>(pain in back side)</i>	<i>(sinking)</i>	<i>(sinking)</i>
4	Just	right!	Mmmmm!	The
	<i>(head on hands to sleep)</i>	<i>(head on hands to sleep)</i>	<i>(head on hands to sleep)</i>	<i>(head on hands to sleep)</i>
1,2	Bears re-	-turned	Oh,	no! They
	*	*	shock!	shock!
1,2	looked at the	porridge and	Baby Bear	cried! They
	<i>(pointing)</i>	<i>(pointing)</i>	<i>(crying)</i>	<i>(crying)</i>
1,2	looked at the	chairs and	Baby Bear	cried! They
	<i>(pointing)</i>	<i>(pointing)</i>	<i>(crying)</i>	<i>(crying)</i>
1,2	climbed the	stairs and they	looked up	there. Oh!
	*	*	*	shock!
3,4	Goldilocks	jumped out of	bed.	The
	*	*	*	*
3,4	Bears	chased	Goldilocks a-	way.
	*	*	*	*
3,4	Goldilocks	waved good-	-bye.	
	<i>(wave)</i>	<i>(wave)</i>	<i>(wave)</i>	<i>(wave)</i>
1,2,3,4	Good-	-bye!		
	<i>(wave)</i>	<i>(wave)</i>		