

7. Doin' The Doughnut

Everybody get out of your seats
We're gonna do the doughnut
Round and round just 'a move 'a your feet
We're gonna do the doughnut

First you stir the dough up
Stir the dough up, stir it up like this
You've got to stir the dough up
Stir the dough up, keep it movin' just like this

Then roll it round, round
Round and round, move it round like this
Then move it round, round
Round and around, keep it movin' just like this

Let it rise now, let it rise now
Let it rise like this
Let it rise now, let it rise now
Let it rise just like this

Eat it up now, eat it up now
Eat it just like this
Eat it up now, eat it up now
Everybody eat like this

And then you do the doughnut
Get down and do the doughnut
You can do the doughnut
Come on and do the doughnut

Round and round, move 'a your feet
Round and round, to the groovin' beat
Round and round, move 'a your feet
Round and round, to the groovin' beat

And do the doughnut
Come on and do the doughnut
Do it, do it, do the doughnut
Come on and do the doughnut

Purpose: To teach the concept of Round or a Circle using a movement activity.

Concepts: Doughnut, Round, Dough, Stir, Rise, Eat, Following directions.

Setting: Large or small group.

Materials: Play dough or Cookie Dough.

Activities:

1. Ask the children to point to something that is round.
2. Have the children make round doughnuts out of the play dough or cookie dough.
3. Put on an experiment in your classroom with yeast and dough, and let the children watch it rise.
4. Show the children how to do the doughnut activities.
 - a) Stir it up — Make a stirring motion with both arms and hands.
 - b) Roll it round — Roll your hands over one another.
 - c) Let it rise — Wiggle your hands and fingers up towards the sky.
 - d) Eat it up — I think you know what to do here.
 - e) Do the Doughnut — Form a circle and face clockwise. At the beginning and ending of the song, have the children move/dance in that direction.