

"I'M NOT SLEEPY"

from "I Don't Want to Go to Sleep" article from LibrarySparks,
October 2007

The logo for ROB TEID features the name in a blue, sans-serif font. The letters 'ROB' are stacked above 'TEID'. A red L-shaped graphic element is positioned to the left and bottom of the text.

*Have everyone sit, close their eyes, and pretend they are lying in bed.
Start reciting this call-and-response chant and add motions until
everyone is doing several motions at once.*

1. I'm not sleepy (I'm not sleepy)
 Blinking my eyes (Blinking my eyes)
2. I'm not sleepy (I'm not sleepy)
 Wiggling my feet (Wiggling my feet) [Wiggle feet, blink eyes]
3. I'm not sleepy (I'm not sleepy)
 Waving both hands (Waving both hands) [Wave hands, wiggle feet, blink eyes]
4. I'm not sleepy (I'm not sleepy)
 Twisting my waist (Twisting my waist) [Add this motion to the other motions]
5. I'm not sleepy (I'm not sleepy)
 Kicking my feet (Kicking my feet) [Add this motion to the other motions]
6. I'm VERY sleepy (I'm VERY sleepy)
 Gonna yawn (gonna yawn) [Stop doing all other motions. Yawn, stretch arms]
 and gonna snore. (And gonna snore) [Everyone close eyes, slump in chair, and snore]