



"Bear Hunt"
Traditional story in Chant for A Heroic Journey
(Variation by Melissa (Missy) Bradley)

*****REFRAIN – repeat as desired*****

We're going on a bear hunt (repeat) – *patting thighs in steady beat through the whole chant except when otherwise noted*
We're gonna catch a BIG one (repeat) – *arms wide*
I'm takin' a good friend (repeat) – *hug the person beside you or point to them*
Are YOU afraid? (repeat) – *show fear, shake head yes or no*
Here we go...(repeat) – *patting thighs in steady beat; keep patting a long time, yawn...look bored*
How much further? (repeat) – *look at your watch*
Not much further (repeat) – *shake head*

*****REFRAIN – repeat as desired*****

Oh look! (repeat) - *point*
Tall wavy grass! (repeat) – *wavy arms over head*
Can't go around it (repeat) – *scooping motion around*
Can't go under it (repeat) – *scooping motion low*
Can't go over it (repeat) – *scooping motion high*
Have to go through it (repeat) – *patting thighs*
Swish, swish, swish, swish (repeat) – *move arms as if parting tall wavy grass*
Back to patting...(or refrain)

There's a wide river (repeat) – *arms wide*
Can't go around it (repeat) – *scooping motion around*
Can't go under it (repeat) – *scooping motion low*
Can't go over it (repeat) – *scooping motion high*
We have to swim across it! (repeat) – *patting thighs*
Splash, splash, splash, splash - *pretend to swim*
Whew! – *hands over face and go back to patting thighs and wipe*

(Optional refrain)

Oh look! (repeat) - *point*
There's some big trees (repeat) – *arms wide and high*
Can't go around it (repeat) – *scooping motion around*
Can't go under it (repeat) – *scooping motion low*
Can't go over it (repeat) – *scooping motion high*
Have to go up it (repeat) – *patting thighs*
Climb, climb, climb, climb (repeat) — *move arms as if climbing a tree up high*
Climb, climb, climb climb (repeat) - *move arms as if climbing down a tree*
Back to patting...(OR refrain)

Wow! A big, deep cave (repeat)
We can't go over it (repeat)
We can't go under it (repeat)
We have to go through it! (repeat)
We've got to go in it (repeat) - *close eyes as you pretend to enter the cave*
Patting thighs for eight counts
Oh, oh! (repeat) – *stop patting*
It's dark in here (repeat) – *no patting*
I feel something (repeat) - *whispering*
It has lots of hair! (repeat) - *whispering*
It has sharp teeth! (repeat) - *whispering*
It's a bear!! (repeat) – *screaming*

At this point, increase the speed of your thigh slapping and back up and down the tree, swim back through the river, back through the tall grass. Till you get safely home and lock the door, up the stairs and under the covers...

(no repeats through this section)

Through the cave... - *slap thighs hard*
Through the forest...climb, climb, climb, climb (up) climb, climb, climb, climb (down) – *fast climbing motions with hands*
Over the river...splash, splash, splash, splash – *fast swimming motions*
Through the grass...swish, swish, swish, swish – *part the grass quickly with hands*
In the gate...(sqqqqqqqqpeak, slam!) – *open the gate as if arm is elbow and slam quickly*
In the door...(turn, slam, click!) - *turn the doorknob, slam, lock motions*
Up the stairs... (stomp, stomp, stomp...) - *slap thighs hard and fast*
In my room...(turn, slam, click) - *turn the doorknob, slam, lock motions*
Under the covers... - *put covers overhead*
Put covers down
Whew! That was scary! (repeat) – *wipe forehead*
Patting your thighs again...
You're really brave! (repeat) – *point to your friend*
Patting thighs again...
I'm really brave! (repeat) – *point thumb to chest*

(no repeats)

Give your friend a high five! – *high five*
Give your friend a low five! – *low five*
Give yourself a pat on the back! – *pat own back*
Yeah!! - *cheer*
You wanna go again? *Shake head yes or no; Can yell yes or no*

Optional add-ons before the cave:
Make up more of your own

Bridge...
Thick oozy mud...
Mountain...
Gate...
Fence