



## “Bear Hunt”

### Traditional story in Chant for A Heroic Journey

(Variation by Melissa “Missy” Bradley, MS, NCC, BCETS, FAAETS)

Directions: Cadence down beat is underlined. It is helpful to keep the cadence going...because it is predictable, helpful in learning and remembering (and more musical).

\*\*\*\*\*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 find a **BIG** one** (repeat) – *arms wide*

**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*

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**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, Swish, swish, swish, swish** – *move arms as if parting tall wavy grass (in cadence)*

*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*

**Have to swim across it!** (repeat) – *patting thighs*

**Splash, splash, splash, splash, Splash, splash, splash, splash** - *pretend to swim (in cadence)*

**Whew!** – *hands over face and go back to patting thighs and wipe*

### (Optional refrain)

**Oh look!** (repeat) – *point up*

**See some big trees** (repeat) – *arms wide and high*

**Can’t go around them** (repeat) – *scooping motion around*

**Can’t go under them** (repeat) – *scooping motion low*

**Can’t go through them** (repeat) – *scooping motion high*

**Have to go over them** (repeat) – *patting thighs*

**Climb, climb, climb, climb** (repeat) -- *move arms as if climbing up a tree up high (in cadence)*

**Climb, climb, climb, climb** (repeat) - *move arms as if climbing down a tree*

**Climb, climb, climb, climb** (repeat) -- *move arms as if climbing up a tree up high*

**Climb, climb, climb, climb** (repeat) - *move arms as if climbing down a tree*

*Back to patting...(or refrain)*

**Woooow! A big, deep cave** (repeat)

**Can’t go over it** (repeat)

**Can’t go under it** (repeat)

**We have to go through it!** (repeat) *close eyes as you pretend to enter the cave*

*Patting thighs for eight counts*

**Oh, oh!** (repeat) – *stop patting (loud whisper)*  
**It's dark in here...** (repeat) – *no patting (loud whisper)*  
**I feel something...** (repeat) – *whispering (quieter whisper)*  
**It has lots of hair!** (repeat) – *whispering (quiet whisper)*  
**It has sharp teeth!** (repeat) – *whispering (it has sharp teeth)*  
**It's a bear!!** (repeat) – *screaming*

*At this point, increase the speed of your thigh slapping (not in cadence) until you are back at home.*

**(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 do go again?** *Shake head yes or no; Can yell yes or no*

**Let's go!**

**Optional add-ons before the cave:**

*Make up more of your own -*

**Bridge...**

**Thick oozy mud...**

**Mountain...**

**Gate...**

**Fence...**