

## Song Graces

**The Food is Hot and Ready** (tune: If You're Happy and You Know It)

The food is hot and ready let's say grace (say grace!)

Cause we know the Dining Hall's our favorite place (favorite place!)

So let's say thanks to each other, cause we know we really oughter

Thank the Earth and put a smile on our face (on our face!)

**Earth We Thank You** (tune: Frere Jacques, repeat after me only)

Earth we thank you

For this food

Cause we really need it

Now let's eat!

**Zip-A-Dee-Do-Da**

Zipa dee do da,

Zipa dee ey,

I am grateful for earth's blessings today.

I've got plenty to eat, to drink, and to share,

I sit at a table with friends everywhere.

## Song Graces

### Superman Grace

Thank the earth for giving us food!

Thank the earth for giving us food!

For the friends we meet, and the food we eat!

Thank the earth for giving us food!

### Jaws Grace (to the tune of the Jaws song)

Earth is...

Earth is...

Earth is great and earth is good so let us thank it for our food let's eat

### For the Food We Eat (to the Tune of Kum Ba Yah)

For the food we eat, we thank you,

For the friends we meet, kind and true.

For the fun we share, all day through,

Oh, Y Camp, we thank You.

## Song Graces

### Johnny Appleseed

Verse 1:

Oooooooooooooo,

The Earth is good to me

And so I thank the Earth

For giving me the things I need

The sun and the rain and the Appleseed

The Earth is good to me.

Verse 2:

Oooooooooooooo,

For every seed I sow

Into a tree they'll grow

And someday there'll be apples there

For everyone in the world to share

The Earth is good to me

Verse 3:

Oooooooooooooo,

I wake up everyday

As happy as can be

Because I know that with earth's care

My apple trees will still be there

The earth is good to me

## Song Graces

### Addams family grace

Verse 1:

Na na na nah (snap twice)

Na na na nah (snap twice)

Na na na nah (3x) (snap twice)

We thank the Earth for giving,

This food we are receiving,

We know we're gonna like it,

Because we need to eat!

Na na na nah (snap twice)

Na na na nah (snap twice)

Na na na nah (3x) Let's eat!

Verse 2:

Na na na nah (snap twice)

Na na na nah (snap twice)

Na na na nah (3x) (snap twice)

We've filled our plates and dishes

With food that is delicious/nutritious

And all that we wish is

To thank Earth very much

Na na na nah (snap twice)

Na na na nah (snap twice)

Na na na nah (3x) Let's eat!

## Song Graces

**Fork Knife Spoon** (to the tune of “If you’re happy and you know it)

I’m a fork, knife, spoon, water jug (glug glug glug)

I’m a fork, knife, spoon, water jug (glug glug glug)

I’m a fork, knife, spoon

I’m a spoon, knife, fork

I’m a knife, fork, spoon, water jug (glug glug glug)

Actions for each item...

For fork, hold your arms apart like fork prongs

For knife, clap your hands together straight over your head

For spoon, make a circle over your head with your arms

For water jug, hold your arms in a circle in front of you

For glug glug glug, tip your arms back with each “glug” like drinking a giant glass of water

**Mahna Mahna Grace** (To the tune of “Mahna Mahna” from the Muppets)

Mah-Na Mah-Na

Thanks for the food, Earth

Mah-Na Mah-Na

It’s really great

Mah-Na Mah-Na

Oh Earth, we thank you, we thank you

We thank you for the food on our plate

Mah-Na Mah-Na

## Song Graces

### Thank You Earth (to the tune of Yankee Doodle)

We thank you Earth for all your gifts

For rain and sunny weather

We thank you Earth for all this food

And that we are together

Thank you, thank you, thank you Earth

Thank you, thank you, thank you

Thank you Earth for all this food

And that we are together.

### The Lollipop Grace (Sung to Turkey In The Straw)

We thank the Earth for a thousand things

For the flowers that bloom and the birds that sing

For the sun that shines and the rain that drops

For ice cream and raisins and lollipops

## Spoken Graces

### Breakfast Grace

Good morning, good morning I say to the sun

Good morning, good morning to the ground where we run

Good morning, good morning let's start a new day

Eat breakfast, fuel our bodies, get ready to play

### Eagles

Eagles thank the Earth for the mountains

Fish thank the Earth for the sea

We thank the Earth for its gifts

And the blessings we are about to receive.

### Give thanks to Mother Gaia

Give thanks to Mother Gaia,

Give thanks to Father Sun.

Give thanks to the plants in the garden,

Where the Mother and the Father are one.

### Breakfast Grace

Keep me from being like porridge,

Slow to boil and hard to stir.

Make me like corn flakes,

Always prepared and ready to serve.

## Spoken Graces

### Variation on a Native American Thanksgiving

We give thanks for the plants and animals who have given themselves so that we can enjoy this meal together.

We also give thanks for our friends and family who have traveled here today.

May this meal bring us strength and health.

### Dirt

Dirt, you made my lunch

Dirt, you made my lunch!

Thank you dirt, thanks a bunch,

For my sandwich, my milk, and the salad's crunch

Cause dirt, you made my lunch.

### Earth and Sun Grace

Dear earth who gives to us this food,

Dear sun who makes it ripe and good,

Sun above and earth below,

Our loving thanks to you we show.

Blessings on our meal.



## Spoken Graces

### Gratitude Grace

We are so grateful for this food,  
it restores our strength,  
it heals our bodies,  
it fuels our brains.

We are so grateful for this time,  
to renew our spirit,  
to share our trials,  
to find new strength.

### Brightness Grace

May this meal we're about to share help our spirits shine brighter.  
May this brightness send darkness away and  
warm the hearts of strangers.