

## “My Fathers the Monks of the Desert”

My fathers the monks of the desert I wish to live a  
life like yours (x2) Life of prayer, vigils and tears  
(x2) You offer to our Savior My fathers, my fathers

Father of the monks Abba Antonius His disciple  
Abba Macarius (x2) Left everything of worth and  
value To serve their faithful Savior (x2) My  
fathers, my fathers

My fathers the monks...

When they were attacked by the Barbarians No  
one was afraid or denied his faith (x2) They said  
our Lord is Jesus Christ For whom our lives we'd  
sacrifice (x2) My fathers, my fathers

My fathers the monks...

I am a youth struggling in the way God's word I  
must learn to obey (x2) Please pray for me, St.  
Anthony (x2) That Christ my abide in me fully My  
fathers, My fathers

My fathers the monks ...

# SIMON SAYS

SIT DOWN

TURN AROUND IN A CIRCLE

JUMP UP AND DOWN

HOP ON YOUR RIGHT FOOT

HOP ON YOUR LEFT FOOT

CLAP YOUR HANDS

TOUCH YOUR KNEES

WIGGLE YOUR FINGERS

PUT ONE ARM IN THE AIR

FLAP YOUR ARMS LIKE A BIRD

SLITHER ON THE GROUND LIKE A  
SNAKE

QUACK LIKE A DUCK

RUN IN PLACE

STAND ON ONE FOOT

PUT YOUR HANDS ON YOUR HIPS

PRETEND YOU ARE A DOG

MOO LIKE A COW

WINK YOUR RIGHT EYE

PUCKER YOUR LIPS

SING AS LOUD AS YOU CAN

PAT YOUR BELLY

PUT BOTH HANDS ON YOUR HEAD

WAVE HELLO

RAISE BOTH HANDS IN THE AIR

SHAKE YOUR RIGHT ARM

SHAKE YOUR LEFT ARM

PRETEND LIKE YOU ARE SLEEPING

ROLL ON THE FLOOR

DO A SOMERSAULT

SKIP AROUND THE ROOM

GALLOP LIKE A HORSE

MEOW LIKE A CAT

HOP TO THE RIGHT

HOP TO THE LEFT

MAKE CIRCLES WITH YOUR ARMS

TOUCH YOUR EARS

STICK OUT YOUR TONGUE

DO JUMPING JACKS

DO A SILLY DANCE

DO A CARTWHEEL

SQUEAK LIKE A MOUSE

WALK LIKE A PENGUIN

SIT DOWN AND SCOOT ACROSS  
THE ROOM

WALK ON YOUR TIP TOES

MAKE A SAD FACE

MAKE A HAPPY FACE

ACT LIKE YOU ARE ICE SKATING

DO A SIT UP

TALK LIKE A ROBOT

ACT LIKE YOU ARE DRIVING A CAR

DO A PUSH UP

WIGGLE YOUR TOES