FOLKWAYS RECORDS FC 7518 STEREO

MOVING MAKES ME

M 1992 J715 M935

Yvonne Cheek Johnson, Betty Mosley and Joella Mosley

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DESCRIPTIVE NOTES ARE INSIDE POCKET

MOVING MAKES ME

with Yvonne Cheek Johnson, Betty Mosley and Joella Mosley

acc. by Tom Bergeron and David Mason

DESCRIPTION OF RECORD

A record with a variety of listening and movement activities that will stimulate listeners to participate intellectually, aesthetically, and physically.

A record of stories, songs, dramatizations, folk rhymes, poems, and rhythimc activities.

A record for improvised and structured responses.

A record for groups and individuals.

A record with a creative flare that will excite children and their teachers and parents.

A record that has cross-cultural appeal.

A record that both children and adults will enjoy.

Producer: Yvonne Cheek Johnson Performers: Yvonne Cheek Johnson

Betty Mosley Joella Mosley

Stories and Songs by: Betty Mosley and

Yvonne Cheek Johnson

Poetry written by: Linda Bragg JoAnne McKnight Charles T. Craig

Musicians: Tom Bergeron—Clarinet, Oboe, Alto Saxophone, Baritone Saxophone,

Flute, Piano and Pennywhistle David Mason—Percussion Instruments. Assisted by Dana Teske and Paul Teske in

"The Adventures of Peter Bunting."

Recording Engineer: David Lau, The Brookwood Studio,
Inc., Ann Arbor, Michigan

Goats: Snicker and Bertha Cover Design: Betty Mosley Cover Script: Kayode Mosley Photography: Jerri King

Recorded in 1978 in Ann Arbor, Michigan

FOLKWAYS RECORDS FC 7518 STEREO

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MOVING MAKES ME MAGIC

by Yvonne Cheek Johnson and Betty Mosley with Yvonne Cheek Johnson, Betty Mosley and Joella Mosley acc. by Tom Bergeron and David Mason

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CREDITS

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Yvonne Cheek Johnson in a movement workshop for teachers

PERSONS WHO MADE THIS ALBUM POSSIBLE



Betty Mosley and daughter Joella Mosley

Yvonne Cheek Johnson is a doctoral candidate in music education at The University of Michigan. She loves teaching and has taught on elementary, junior high, and college levels. Her bachelor's and master's degrees are from the University of North Carolina at Greensboro. She is an active workshop clinician for colleges and public schools. She has a special interest in movement and dance for children and is fascinated by their response to such activities, she would like to see psychomotor experiences a germane aspect in the lives of both children and adults.

Betty Mosley is a freelance artist and writer. she has worked as a radio producer of children's programs, an art historian, a graphic artist, and a script writer. She lives in rural North Carolina with her two children whom, she says, introduce her to a new reality daily. Her educational background is a B.F.A. from the University of North Carolina at Greensboro, an M.F.A. in African Art from Howard University.

Joella Mosley is a third grader at South Warren Elementary School, Warren County, North Carolina. She writes poetry, is learning to play the piano, and enjoys singing and dancing with her brother, Kayode.

Tom Bergeron is a composer as well as an instrumentalist. His main instrument is the alto saxophone but he also plays baritone saxophone, clarinet, flute, piano, and percussion. He has a bachelor's degree in saxophone and theory/composition from the University of New Hampshire and a master's degree in wind instruments from The University of Michigan where he studied with Donald Sinta. He is the co-founder of Antares, a six piece jazz ensemble. He is interested in improvised as a means of integrating the separated perspectives of composers and performers.

Dave Mason is a percussionist and drummer who has played in several jazz, rock and funk bands. He has a bachelor's degree in English literature with a minor in music history from Utica College of Syracuse University. Some of his unusual experiences range from being an archeological assistant, excavating the site of a revolutionary war fort in Rome, New York to doing a lot of practicing in the attic of a haunted house in Greenfield, New Hampshire. He is also a writer and artist.

Linda Bragg is a poet, lecturer, and faculty member in English literature and creative writing at the University of North Carolina at Greensboro.

JoAnne McKnight is a poet and playwright from Durham, North Carolina.

Charles T. Craige is a music consultant from Philadelphia, Pennsylvania.

Side 1, Band 1: [4:04]
WORK OUT! THE DANCING POEM
Performed by Joella Mosley
Written by Joanne McKnight

1.
Look at me, I'm young and free and I'm as happy as can be:

See my feet? See my feet? So pretty and neat! I LOVE MY FEET!

I'm so glad they're a part of me Because my feet belong to me!

NOW WORK OUT FEET, WORK OUT! NOW WORK OUT FEET, WORK OUT!

2.
Look at me, I'm young and free and I'm as happy as can be:

See my legs? See my legs? They're here to stay! I LOVE MY LEGS!

I'm so glad they're a part of me Because my legs belong to me!

NOW WORK OUT LEGS, WORK OUT! NOW WORK OUT LEGS, WORK OUT!

3.
Look at me, I'm young and free and I'm as happy as can be:

See my hips? See my hips? They help me sit! I LOVE MY HIPS!

I'm so glad they're a part of me Because my hips belong to me!

NOW WORK OUT HIPS, WORK OUT! NOW WORK OUT HIPS, WORK OUT!

Look at me, I'm young and free and I'm as happy as can be:

See my waist? See my waist? It's right in place! I LOVE MY WAIST!

I'm so glad it's a part of me Because my waist belongs to me!

NOW WORK OUT WAIST, WORK OUT! NOW WORK OUT WAIST, WORK OUT! Dana Teske is a music teacher in Ann Arbor, Michigan.

Paul Teske is a senior high school student at Newberry High School, Newberry, Michigan.

5.
Look at me, I'm young and free and I'm as happy as can be:

See my hands?
See my hands?
They can make a fan!
I LOVE MY HANDS!
I'm so glad they're a part of me

Because my <u>hands</u> belong to me!

NOW WORK OUT <u>HANDS</u>, WORK OUT!

NOW WORK OUT <u>HANDS</u>, WORK OUT!

6.
Look at me, I'm young and free

See my arms? See my arms? They're long and strong! I LOVE MY ARMS!

I'm so glad they're a part of me Because my arms belong to me!

NOW WORK OUT ARMS, WORK OUT! NOW WORK OUT ARMS, WORK OUT!

7.
Look at me, I'm young and free
and I'm as happy as can be:

and I'm as happy as can be:

See my chest? See my chest? Just like the rest! I LOVE MY CHEST!

I'm so glad it's a part of me Because my chest belongs to me!

NOW WORK OUT CHEST, WORK OUT!
NOW WORK OUT CHEST, WORK OUT!

8.
Look at me, I'm young and free and I'm as happy as can be:

See my head? See my head? My mind is fed! I LOVE MY HEAD!

I'm so glad it's a part of me Because my <u>head</u> belongs to me!

NOW WORK OUT HEAD, WORK OUT! NOW WORK CUT HEAD, WORK OUT!

NOW WORK OUT HEAD, WORK OUT!

Side 1, Band 2: [3:03] MOVE WITH THE MUSIC Read by Yvonne Cheek Johnson Music by Dave Mason

Side 1, Band 3: [3:36]

THE SEED

Written and Performed by Yvonne Cheek Johnson

Once a teeny tiny seed wrapped close and wrinkled lay sleeping just under the cold ground. She slept so soundly she hardly knew how cold it was above her. One day she felt the ground growing warm and she began to move. Slowly, slowly, slowly she twisted and turned, twisted and turned. Finally she stuck her head above the ground.

It was spring! The air was warm.

Birds were singing and the smell of flowers was everywhere. She wanted to see more.

So she stretched, and stretched, and stretched until she was standing straight and tall.

The warm breezes felt so good. Everytime the breeze would pass she would bow low to the ground, because the little seed had turned into a tall blade of grass swaying in the wind.

She swayed to one side. Then she swayed to the other and she swayed back again.

Sometimes she swayed so low she felt her sides would crack. One day she felt something fluffy growing on top of her head. It made her feel so light she wanted to dance!

Suddenly a strong breeze passed by.
And she felt herself pulled out of the ground. She whirled and turned and somersaulted through the air around and around and around.

Around and around she was tossed and turned Uh oh!

The wind stopped blowing. The wind stopped blowing.

Her feet were no longer planted in the earth so she began to dry up. Uncle T.C., he say, "Hey Jean (that's mama), what you got cookin?"

got cookin?"

First her stem curled up. Then her leaves. They curled tighter, and tighter, and tighter until all at once she crumpled away. And where she had lain she left another seed. Just under the ground.

Wrapped close and sleeping. Waiting for the ground to warm again.

Side 1, Band 4: [0:31]

JUMPING Read by Yvonne Cheek Johnson Written by Linda Bragg

Jump rope under my feet Blue sky over my head Sunshine in my pocket Evergreen trees and berries red.

Bright-Brown trees of autumn Rib-bon blue of yellow Counting to one-hundred Missed by only one instead.

Jump rope under my feet Pavement coming to meet Sneakers fast and bouncy

Rats! Come to dinner, Mama said!

Side I, Band 5: [U:30] REGINA SHE FAT AND I'M SKINNY Read by Betty Mosley Written by Linda Bragg

Regina she fat and I'm skinny. She can't move so fast but she still my best friend. I say, hurry up, you gon miss the school bus, you ninny!

Regina she fat and I'm skinny. She be buyin' chocolate candy after school every day. And she beg the money off me when she don't have but one penny Regina she fat and I'm kind of skinny.

Regina she fat and I'm kind of skinny. We called Alfred dumb head, he chased us good, She ain't had no boyfriends and I ain't had many. Regina she fat and I'm skinny.

Side 1, Band 6: [0:46] WHEN UNCLE T.C. COMES TO TOWN Read by Yvonne Cheek Johnson and Betty Mosley Written by Linda Bragg

Sometime my Uncle T.C. come to town. He gots a bald head and wear those little round glasses, you know. He gots a big stomach, and his belt, it fall down under his belly. Uncle T.C. he my favorite uncle. Always say, "Now where we goin this time, to the picture show or the park?" And then he eat and eat and eat and I gets tired waiting But he say, "Little folks gots to wait on the big folks." But he the best uncle I got. Uncle T.C.? He bad.

Side 1, Band 7: [9:00] THREE BILLY GOATS GRUFF, adaptation by Betty Mosley Read by Betty Mosley Goats: Bertha and Snicker @ 1977 Betty Mosley

Once upon a time, there were three goats and they were all named Gruff. There were Big Daddy Gruff (Baa-a-a), Tom Teen Gruff (Baa-a-a), and little bitty Baby Gruff (Baa-a-a). They loved to graze on a hill side overlooking a stream where the grass was especially green, tender, and sweet.
One day after they had eaten all their stomachs could hold, they noticed in the distance another hill covered with grass. And that grass looked even more green, tender, and sweet (as the grass on the other side always does). Baby Gruff looked at Big Daddy and Tom Teen, turned his little nose up in the air and sniffed, "I'm going to the other side." In his opinion, Big Daddy and Tom Teen Gruff were terribly slow and he simply couldn't wait. So he put on his special super baby goat walk and started to the other side.

There was just one problem. Between baby goat and the grass on the other side was a bridge. And under that bridge lived a wicked old troll. Have you ever seen a troll? Well, I haven't either, but I've been told that they have big mouths and long teeth and are hungary all the time. And they will eat anything. And their favorite snack is baby goat spread. Of course, Baby Gruff didn't know this until he put his tiny feet upon the bridge.

"Augrrr!" said the troll. "I'm gonna eat you up!" (He didn't even say hello.) "I'm gonna grind you up in my baby goat grinder and make some baby goat spread!"

"Oh!" said Baby Gruff, shocked at the very idea.
"Please don't eat me. I am just a tiny tot. And baby goat
spread made from me would only cover one tiny cracker.
Another goat Gruff is going to cross this bridge and he's
much bigger than I am. Why don't you wait for him andand have goat stew instead?"

Well, trolls spend a lot more time eating than thinking, so he thought this was a good idea.

"G'won!" he said. "Just grow some before you come back."

Baby Goat breathed a sigh of relief (whew!) and crossed over to the other side. But not before the troll took a bit from his little foot! (Slurp!) --Just to sample, he said.

Soon after Tom Teen Gruff decided that he too would rather eat the green grass on the other side. And Big Daddy Gruff was so slow, he didn't really want to be seen walking with him. So down he trotted with his special super teen Tom walk.

Just as he put his foot on the bridge--

"Augrrr!" The troll leaped out. "I'm gonna eat you up! I've got a taste for Tom Teen Gruff goat stew!"

"Tom Teen looked at that big mouth and those long teeth and he knew that he was in BIG trouble.

"Oh, please!" said Tom Teen. "Don't eat me. I haven't even filled out yet. If you'll just wait, there's another bigger goat Gruff who's going to cross this bridge. Why you could have roast leg-of-goat!"

Well, this troll ate more and thought less than most other trolls so he thought that was a good idea.

"G'won!" he said. "And fill out before you cross this bridge again."

Tom Teen goat breathed a sign of relief (whew!) and crossed over to the other side, but not before the troll bit off his little beard! (Slurp!) --Just to sample.

"Oh, no!" cried Tom Teen. It had taken so long to grow it.

A little later, Big Daddy Gruff looked around and saw that he was all alone. And there on the other side were little Baby Gruff and Tom Teen. He couldn't see that part of baby's foot and Tom Teen's beard were gone.

"I think I'll go over too," he said. And he started toward the bridge. Just as he put his great big foot on the bridge, the troll leaped out.

"Augrrr!" he yelled. I've been waiting for you! I'm hungry enough to eat a big daddy goat. I want a roast legof-goat right now!"

Big Daddy Gruff just grinned. And before that troll's eyes could get big, Big Daddy had stomped on him with his great big feet, butted him with his great big head, and tossed him over the bridge--teeth and all! --Except for one tooth that Big Daddy wanted for a keepsake.

When Tom Teen and Little Baby Goat saw what happened they ran down the hill to the bridge.

"You know what, Big Daddy?" said Tom Teen, "That grass wasn't that green."

"And it wasn't that sweet either," added baby goat.

They crossed the bridge again. This time together. And you know what? They liked it better that way.

Side 2, Band 1: [0:58]

HAMBONE Sung by Yvonne Cheek Johnson Saxaphone: Tom Bergeron Drums: Dave Mason

Hambone, Hambone, where you been? Round the world and I'm goin' again.

Hambone, hambone, have you heard? Papa's gonna buy you a mocking bird.

If that mocking bird don't sing, Papa's gonna buy you a diamond ring.

If that diamond ring don't shine, Papa's gonna take you to the five and dime.

Hambone walk and Hambone talk, Hambone eat with a shovel and fork.

Left my Hambone by the fence, I ain't seen my Hambone since. Hambone!

Side 2, Band 2: [1:11]

MARY MACK
Performed by Yvonne Cheek Johnson and Betty Mosley
with handclaps

Mary Mack dressed in black Silver buttons go down her back. Drink my coffee drink my tea All around the neighborhood talk about me.

Some folk say that people won't steal But I caught three in my cornfield. One had a bushel, one had a peck, One had a roastin' ear tied around his neck.

Here's how it goes
It goes a one . . . it goes a two
It goes a three and four.

Oh, I asked my mama for fifteen cents To see the elephant jump the fence. He jumped so high he touched the sky He didn't come back 'til

Old lady Dinah sick in bed
Sent for the doctor and the doctor said
Come on Dinah, you ain't sick.
All you need is a hickory stick.
Just a hickory stick,
Just a hickory stick.

Side 2, Band 3: [0:40]

MY BODY Read by Yvonne Cheek Johnson Written by Charles T. Craig

I can make my body stand so high I can make my body touch the sky I can make my body bend down low I can make my body wrap around so I can make my body make a sound I can make my body turn around I can make my body be somebody And that somebody is me!

Side 2, Band 4: [3:34] THE CATERPILLAR Written and Performed by Betty Mosley

Once there was a creepy crawly little caterpillar Who inched his way slowly across a twig He crawled slowly along the twig hoping to find a nice juicy leaf. The kind he especially liked.

Suddenly he bumped into something, something smooth and green. It smelled like a leaf, it felt like a leaf, it was a leaf. He opened his mouth wide, wide, wide, wide, and took a great

big bite.

He chewed, chewed, and chewed 'till he swallowed it down. Now he began to eat faster, faster, faster, faster.
--Every leaf he could reach. Every single one in sight.
Faster, faster, even faster he gobbled it all down. 0000H. What a tummy ache!

The little caterpillar could hardly move. He lay very still and tried to think what he should do. "I know what," he said. "I'll spin a cocoon."

He held on to a twig just above his head, and began to spin. He turned around and around, and around and around, around and around until he was tightly wrapped from head to toe, in a nice warm cocoon.

Then he went to sleep. After a long, long while he began to wake up. He started to move slowly.

Then he began to your. That cocoon had gotten awfully small and hard.

He had to get out. He began to tap softly on the cocoon. Then he stretched just a little.

He tapped a little harder. Then he stretched a little more. Then he gave a great big tap. And a great big stretch. And CRACK the cocoon split in half.

He was free.

And do you know what? Instead of little bitty worm feet he had six great long legs that he kicked and danced with.

And instead of a fuzzy furry skin he had big beautiful wings that he spread as wide as he could. He flapped them up and down.

Into the air he soured turning, gliding, this way and that. The creepy crawly little caterpillar was now a butterfly.

Side 2, Band 5: [3:39]

STRANGE WALKS

Read by Yvonne Cheek Johnson

Let's see how many ways you can walk?

			0 0 0	-	
1.	Plod	7.	Lumber	13.	Toddle
2.	Strut	8.	Meander	14.	Lope
3.	Stagger	9.			Trot
4.	Stroll	10.	Slither	16.	Stalk
5.	Limp	11.	Prance	17.	POUNCE
6.	Scuttle	12.	Sounton		

So when you see me coming won't you please bring out your banks. Search through all your pockets, On your parents yank, yank, yank! 'Cause I LOVE money! Kids, I really do! Won't you trade your quarter For this plastic kangaroo?

When I've got your money and all the pennies in this land, I'll put them all together for something really grand! NO candy nuggets Or a plastic Kangaroo. Spending money on useless junk I'd just never do!

Side 2, Band 6: [11:00]

THE ADVENTURES OF PETER BUNTING Written and Read by Betty Mosley © 1978 Betty Mosley

One day, Peter Bunting, a little person just about your size, decided to go for a walk in the woods. Now, he had never been in the woods, so he was just a little bit afraid. And his footsteps as he walked away from his house sounded like this: · · · · · · . . . He soon came to the very edge of a forest where he stood, trying to decide which path to take. Three where he stood, trying to decide which path to take. Three paths led into the woods. One path was very skinny and it seemed to have lots of twists and turns and bumps and starts.

(Clarinet) . . . A second path was quite broad and straight. (Horn) A third path was neither skinny and twisting, nor broad and straight. It seemed to curve pleasantly here and there as it sloped gently up and down.

(Violin) . . . "Maybe," thought Peter, "the leaves will tell me which path to take. After all, they do seem to be everywhere."

"Oh, leaves, leaves, shall I take the twisting, skinny path?"

"Shall I take the broad, straight path?"

"Well, shall I take the curving, sloping neatly up and down path?"

He took the

neatly up and down path?" He took the leaves' advice and started boldly along the third path. He had not gone very far when he noticed a little animal peeking out at him from under a bush behind a tree. The animal was most unusual. It was small and round, about the size of a basketball. It had rather long, purple hair, green eyebrows, and a nose like an elephant's trank-only much smaller, of course. "Good morning!" said the little boy in his friendliest voice. "My name is Peter Bunting and I'm going for a walk by myself in these woods. To tell you the truth, I'm a little, uh, nervous. Do you know where this path leads?"

The small, very unusual animal said nothing, but stepped quietly into the path.

"Well, uh, what's your name?" asked Peter Bunting.

thought Peter, "that's a very different kind of name."

And then do you know what? That most unusual animal fell in step right behind Peter. Every time Peter took one step, the small animal would take three. (He was, after all, very small.) If Peter walked fast, the animal walked just as fast. If he walked slow, the animal walked slowly too.

"My," thought Peter, friendly, . . . I guess." And the leaves said

Soon Peter and	came to a bend in the path.
And there under a bigger bush, i	behind a bigger tree in the bend in
the path, Peter spotted another	pair of eyes, peeking out at him.
"Good morning," said Peter in h	is friendliest voice. "My name is
Peter Bunting and I'm going for	a walk by myself in these woods
even though I'm a little nervous	s. Do you know where this path
leads?" The animal said nothing	g, but stepped quietly into the
path. He was larger than the f	irst animal and he had long green
hair, orange eyebrows, and a not	se like an elephant's trunk, only
	Well, uh, what's your name?" asked
Peter, said ti	he animal. "Gee, that's a very
unusual name," said Peter. And	do you know what happened then?
The animal fell in step right be	ehind Peter and the first animal.
Every time Peter took one step,	andtook three steps,
would take two steps	. Sometimes they walked very fast
and other times they walked slow	
" sure is friendly, .	I think." And the leaves
answered, "	."

Soon Peter, , and came to another bend in the path. And there under a BIG bush, behind a BIG tree in the bend in the path, Peter spotted another pair of eyes peeking out at him. "Good morning!" said the little boy in his most friendly voice. "My name is Peter Bunting and I'm going for a walk by myself in these woods. I am really nervous. Uh, do you know where this path leads?"

The animal said nothing, but stepped quietly onto the path. He was even larger than the second animal. In fact, he was the very same size as Peter Bunting and he had long blue hair, red eyebrows and a long nose just the size of an elephant's trunk. "Uh, what's your name?" asked Peter. " ," said the animal. "Gee, that's a very strange name," said Peter. And do you know what happened then? The animal fell in step right behind Peter and the first animal and the second animal. Every time Peter took one step, the first animal took three steps, the second animal took two steps, and the third animal took one step, JUST LIKE PETER.

"Gee," said Peter, "_____ sure is friendly, . . . I think." And the leaves said, "_____."

Peter, and came to a REALLY deep bend in the path. And there under a huge bush, behind a huge tree, Peter spotted another pair of eyes peeking out at him. "Good morning," said Peter in his MOST friendly voice. "My name is Peter Bunting and I'm going for a walk by myself in these woods. I'm very, very nervous. Do you know where this path leads?" The animal said nothing, but stepped quietly onto the path. He was really H U G E. He was much bigger than Peter Bunting and all the other animals. He had long red hair, blue eyebrows and a nose longer than an elephant's trunk all covered with green polka dots.

"Uh, what's your name?" gulped Peter. " ," blasted the animal. "Gosh," said Peter, "that's a VERY impressive name."

And do you know what happened then? The huge animal fell in step right behind Peter, the first animal, the second animal, and the third animal. Every time Peter took one step, took three steps, took two steps, took one step, and took half a step.

"Gee," thought Peter, " is really friendly, . . . I

THINK."

but because Peter wasn't <u>sure</u>, he walked faster, and still faster, until he was running as fast as he could!

Then lifted his long polka dot trunk, opened his great big mouth, and swallowed _____. And then he swallowed _____. And then he swallowed TETER!

(Hiccup! "That was good!")

Just then, that really huge animal with the polka dot nose tripped over a rock and fell crashing to the ground. RIGHT on TOP of his full fat stomach. Out popped Peter, straight up into the air, over the trees, over the woods, then he was coming down, coming down, and he landed right in his mommy's arms in his own back yard.

And do you know what? Peter Bunting never took another walk in the woods by himself ever again.