

The Kannada rhyme "ಬೆಂಡೆ ಕಾಯಿ ತೊಂಡೆ ಕಾಯಿ" is a playful children's song often used in early learning settings. The title refers to two vegetables: *bendekai* (okra/lady's finger) and *tondekai* (ivy gourd).

🎵 **Okra and Ivy Gourd — An Action Rhyme** 🎵 (*Clap, wiggle, and dance along!*)

text

Okra and ivy gourd, dancing in the pan,

Round and green, they roll and ran!

Chop-chop-chop, into the pot they go,

Bubble bubble boil — nice and slow!

Wiggle like okra, long and lean,

Twist like ivy gourd, shiny green!

Stir it up, stir it up, give it a spin,

Yummy veggie curry — let's dig in!

One for Amma, one for Appa,

One for the monkey on the rooftop, ha ha!

Jump like a bean, hop like a pea,

Sing this rhyme with joy and glee!

🧠 **Gesture Ideas:**

- **"Wiggle like okra"** — wiggle your fingers like long okra pods
- **"Twist like ivy gourd"** — twist your body side to side
- **"Chop-chop-chop"** — pretend to chop with your hands
- **"Bubble bubble boil"** — make bubbling sounds with your lips
- **"Jump like a bean"** — hop in place!