

Am, stram, gram,

Pic et pic et colégram,

Bour et bour et ratatam,

Am, stram, gram. PIC!

In English

“Am, stram gram” is the French equivalent of “eeny, meeny, miny, moe... It does not mean anything but helps us select people or things randomly. Make it part of your routine!

[Click here to read some theories behind its origin on Wikipédia.](#) I like the one that says the title was mispronounced 1,2,3 in German! (eins, zwei, drei)

It is great for raising awareness of syllables, as you move your finger for every one of them.

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