

# 18 ways to use **Healthy All over** to teach healthy habits

Try some of these activities, or make up your own with each song. Children may enjoy drawing while listening to a song.

And, remember songs are filled with vocabulary that can be explored after listening to them!

- 1. Brushing Up and Down:** Practice brushing teeth during this two minute song. Explore the concepts in the song—up and down; back and front; right and left. Try your own experiment by placing a hard -boiled egg in a cup of soda and watch how it turns brown. We can try brushing off the brown but will it all come off?
- 2. I Can Eat Like a Bunny:** Match animal pictures to the foods they eat. Can we try eating like a bunny does? How about a monkey? What new foods can we try? Take a picture of Sarah trying a kiwi, and Jacob trying a cucumber and add it to our New Foods to Try Board!
- 3. The Alphabet Bop:** Get your children moving while emphasizing letter sounds! Go over the movements slowly before playing the song. This can be great filler for waiting times. Use the movements on the CD or make up your own!
- 4. Everyone Makes Mistakes Sometimes:** Listen to and talk about what happened in the song. Ask questions: What did they do after they made a mistake? What happened in the end? This song can be paired with the song, "I Can Do it."
- 5. So Many Ways to Move:** Get your children moving while learning ordinals! Take in pictures of each activity, and after doing the movement, talk about which movement was first, second, etc. Did dancing come before or after soccer? Putting the activities in the correct sequence is also a great pre-reading skill!
- 6. There's a Rainbow on My Plate:** Match fruits and vegetables to colors as you listen to this song. After the children are familiar with this song, let them try putting their own healthy choices in the song on the bonus track
- 7. Get Your Sleep:** Listen to this song and talk about how Jacob and Jeremy are alike or different. Did Jacob make a thumbs up or a thumbs down choice when he stayed up too late? This story song can also be lots of fun to act out!
- 8. Scrub a Dub:** Where are the germs? Before playing this song, act out a scenario of how germs might travel. Pretend to sneeze on your hand and ask your students "Where are the germs?" Then pick up a pencil and roll it between your palms "Where are the germs now?" Then hand the pencil to a student, "Where are the germs now?" Teach your students "Squeaky Clean Hands" and remind them to sing it out loud or in their head when they wash their hands. Also, try a hand washing test: have the children put on clear rubber gloves and squirt finger paint in their hands, pretending it is soap and having them 'wash their hands' with their eyes closed (or while blindfolded). When finished, remove the blindfold and see just where they forgot to scrub! This activity can move directly into "What's on your Plate" or "Big Hands, Little Hands" by having the children make a paint hand-print on a piece of paper. Since their meals should be the size of their hands, they could decorate this painting with pictures of foods later.
- 9. A Sip of Water:** Sing the refrain of this song quietly while children are waiting in line to have a sip of water. When the refrain is over it's time for the next in line's turn.
- 10. What's on Your Plate:** While listening to this song, cut out and/or glue foods onto your paper plate. Or, draw two plates of food on the board and compare them. Have children stand by the plate they like the best. How many children like plate 1 and how many like plate 2?
- 11. When you Sneeze:** Before listening to this song, teach them the refrain "When you sneeze if you please, use a tissue or your sleeve, a a a a-choo." Show them how to use the crook of their arm if they have to sneeze and don't have a tissue.
- 12. I Can Do It:** After listening to the song, ask your students to name some of the things they can do all by themselves. Have they always been able to do these? What do they want to be able to do by themselves? What are some of the things they can do to make this happen?
- 13. Healthy Foods:** Listen to this song and tie it into the five senses. Choose some of the foods in the song to smell, hear, taste, feel, and see. Use the bonus track at the end to add your own healthy food choices.
- 14. Big Hands, Little Hands:** Have your students trace their hand and for homework trace a parent or grandparent's hand. Which one is bigger? Who needs more food? What kinds of food do we want to fill our hands with?
- 15. Clap and Stop:** This song is a great exercise in listening and motor control. After participating in the song, talk about the sequence of the movement. What came 1st? Take pictures of the children doing each movement and put them in order.
- 16. I'm Breathing Like the Wind:** Before listening to the song, show the children how to breath in through your nose and breath out making a gentle wind sound. And, how can you sway like a tree? Pretend your roots go down into the earth.
- 17. Five Fruits and Vegetables:** Teach this short song to your students to use during transition times. The children learn to count backwards as they are reminded about healthy foods. What foods do you have in your snack today?
- 18. Have a Good Day:** Play this song as children are packing up to go home. Or, have children think of other words to substitute for "good." Have a "great" day. Have a "fabulous" day!