

Healthy all over

Songs to inspire healthy habits

1. Brushing Up and Down

I've got my toothbrush
I've got my toothpaste
I'll put that toothpaste
Right on that toothbrush
Ready Set Here we go

Chorus

*Brush it up, brush it down, circle it around
To the front to the back no more plaque
Brush it up, brush it down, circle it around
Right side, left side Don't forget your tongue*

How do you keep your teeth so white?
I brush in the morning and brush in the night

How do you keep cavities away?
I floss with my Dad every day

Repeat Chorus

Whoa soda whoa soda whoa whoa whoa
Oh Mr. Soda Can it's time to go

Whoa sugar whoa sugar whoa whoa whoa
Too much sugar helps cavities grow

Repeat Chorus

How do you keep those teeth so fine?
I visit my dentist; she's a friend of mine

How do you keep your smile so bright?
I brush, I floss, I treat them right!

Repeat Chorus

2. I Can Eat Like A Bunny

I can eat like a bunny in a garden spot
Munching on a carrot then hop hop hop
I can eat like a bunny in a garden spot
Listen and you'll hear
I eat a carrot munch munch munch
I eat a carrot crunch crunch crunch
I eat a carrot yum yum yum
What am I going to be now?

I can eat like a monkey oh what a sight
Peeling a banana and taking a bite
I can eat like a monkey oh what a sight
Listen and you'll hear
I eat bananas peel peel peel
I eat bananas squeal squeal squeal
I eat bananas Yum yum yum
What am I going to be now?

I can eat like a big furry kitty cat
Licking up milk just like that
I can eat like a big furry kitty cat
Listen and you'll hear
I drink my milk sip sip sip
I drink my milk drip drip drip
I drink my milk yum yum yum

So many yummy foods to eat
So many good and healthy treats
So many new foods still to meet

I can eat like a little mouse nibbling on cheese
The little mouse says "may I have some please"
I can eat like a little mouse nibbling on cheese
Listen and you'll hear
I eat some cheese munch munch munch
I eat some cheese crunch crunch crunch
I eat some cheese yum yum yum
What am I going to be now?

I can eat like a kid at dinner time
Trying new things all the time
I can eat like a kid at dinner time
Listen and you'll hear

I'll eat an apple Oh so sweet
I'll eat some salad Can't be beat
I'll eat tomatoes Mmm Mmm good
I'll try a greenbean Mom said I should

I'll eat brown rice Wow, not bad
I'll eat an artichoke You should try this Dad
I'll eat some broccoli Yummy
How 'bout some tofu In my tummy

3. The Alphabet Bop

Chorus
Let's do the Alphabet Bop bop bop bop
Let's do the Alphabet Bop bop bop bop
ABCDEFGF Come on everybody just follow me
4321 get ready for fun

A arm circles
B bird wings
C crazy knees
D dance party
E elephant trunk
F fishing rod
G guitar playing
H hop hop, hop hop hop

Repeat Chorus

I itchy ivy
J jumping jacks
K kick the ball
L leg lifts
M monkey moves
N nose twitching
O ocean swimming
P piano hands

Repeat Chorus

Q quiet running
R rise and shine
S shake your body
T toe touches
U up we go
V very fast clapping
W wiggle wiggle
X xylophone

And we can't forget Y and remember Z
Twiddly twiddly twiddly twiddly dee
4321 Get ready for fun

Y yoga pose
Z zig zag arms

4321 Moving is fun
4321 Moving is fun

4. Everyone Makes Mistakes

Sometimes

Oh I went downtown to see my gal
Polly wolly doodle all day
My gal Sal is a real fine gal
Snolly bolly woodle

Oh no I really blew it
I forgot the words why'd I do it?

Chorus

*Everyone makes mistakes sometimes
Even Mom or Dad
That's what it takes to learn sometimes
Mistakes aren't always bad
Next time I might do better
It's important that I try
Cause everyone makes mistakes some times
And so do I*

Oh I went downtown to see my gal
Polly wolly doodle all day
My gal Sal is a real fine gal
Polly wolly doodle all day
Fare thee well
Fare thee well

Oh no I really blew it
I played a wrong note why'd I do it?

Repeat Chorus

Oh I went downtown to see my gal
Polly wolly doodle all day
My gal Sal is a real fine gal
Polly wolly doodle all day
Fare thee well
Fare thee well
Fare thee well my fairy fay

Oh no I really blew it
I played a wrong chord why'd I do it?

Repeat Chorus

Oh I went downtown to see my gal
Polly wolly doodle all day
My gal Sal is a real fine gal
Polly wolly doodle all day
Fare thee well
Fare thee well
Fare thee well my fairy fay
Oh I'm going to Louisiana
For to see my Susyana
Singing Polly wolly doodle all day

5. So many ways to move

So many ways to move, So many ways to move

Basketball is my thing
I like to make the basket sing
When the ball when the ball
goes through the hoop
SWOOSH SWOOSH

Dancing is the way I move,
Music helps me find the groove
When I feel it in my soul
OOCHA OOCHA SWOOSH SWOOSH

Soccer is the best for me,
dribbling down the field so free
When I'm right before the goal I
KICK KICK OOCHA OOCHA SWOOSH SWOOSH

A skateboard is beneath my feet,
gliding gliding oh so sweet
Take a ride I get some air
WOOSH WOOSH KICK KICK OOCHA OOCHA
SWOOSH SWOOSH

So many ways to move, So many ways to move

I'll tell you what I really like,
Peddling peddling on my bike
Got my helmet on my head
CHOOKA CHOO CHOOKA CHOO

Playing tennis is the best,
I like this sport above the rest
With my eye right on the ball
I SWING I SWING,
CHOOKA CHOO CHOOKA CHOO

Oh my my, hey hey hey,
Taking a walk on a sunny day
Right foot left foot here I go
STEP STEP, STEP STEP, I SWING, I SWING,
CHOOKA CHOO, CHOOKA CHOO

What I think is really cool, is when I'm in the
swimming pool
I feel the water under me

SPLISH SPLASH, SPLISH SPLASH, STEP STEP,
STEP STEP, I SWING, I SWING, CHOOKA CHOO,
CHOOKA CHOO

So many ways to move, So many ways to move
It doesn't matter what you do,
try something old or something new
Just keep moving and you'll find,
you'll feel better all the time!

So many ways to move, So many ways to move
It doesn't matter what you do
so many ways to move

6. There's a rainbow on my plate

Chorus
There's a rainbow on my plate
Filled with many colors
There's a rainbow on my plate
Smiling up at me
There's a rainbow on my plate
Filled with many colors
I'm going to eat my rainbow now

A little red chomp chomp
A little yellow chomp chomp
A little blue
A little green
A little orange
A little purple
Yummy

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Now can you name a fruit that's yellow?
Apples bananas
Can you name a vegetable that's green?
spinage peas
Can you name a fruit that's purple?
Grapes plums
Can you name a vegetable that's orange?
Carrots sweet potatoes

Repeat Chorus

Can you name a fruit that's blue?
HMMMM Blueberries
Can you name a vegetable that's yellow?
Squash peppers
Can you name a fruit that's green?
Pears green grapes
Can you name a vegetable that's red?
Tomatoes radishes

Repeat Chorus

7. The Sleep Song

Jacob and Jeremy are twins they're alike you see
In almost every way
They look alike, talk alike, and
sometimes they even might
Know what each other will say
Jacob and Jeremy are twins they're alike you see
In almost every way
Except for one very peculiar thing

When it's time to go to bed
Jeremy lays down his head
On his softest pillow that is fluffy and deep
Jeremy turns out the light
And gives his mom a kiss goodnight
And drifts into a peaceful sleep
But ... When it's time to go to bed Jacob starts
to jog instead
Hands in the air, juggling a chair
Jumping on the furniture, flying through the air
When it's time to go to bed
Jacob starts to lose his head
Dancing to the beat, chocolate to eat
Then he slides into bed
with his shoes on his feet
He slides into bed with his shoes on his feet?

Jacob and Jeremy woke up the next day you see
It was time to go to school
Jeremy was feeling great
Jacob got to school so late
He missed the trip to the swimming pool
Jacob and Jeremy are twins they're alike you see
In almost every way
Except for one very peculiar thing

When it's time to go to bed
Jeremy lays down his head
On his softest pillow that is fluffy and deep
Jeremy turns out the light
And gives his mom a kiss goodnight
And drifts into a peaceful sleep
But ... When it's time to go to bed Jacob starts
to jog instead
Hands in the air, juggling a chair
Jumping on the furniture, flying through the air
When it's time to go to bed
Jacob starts to lose his head
Candy to eat, dancing to the beat
Then he slides into bed with
his shoes on his feet
He slides into bed with his shoes on his feet?

Jacob and Jeremy woke up excitedly
on the day they both turned 6
A party at 3

With a juggler hee hee
A clown and friends and magic tricks
Jacob and Jeremy could hardly wait till 3
Time was not moving fast
But finally the clock struck 3 at last

When the party started and
the kids were all there
Jacob couldn't be found anywhere
They looked through the house
and this part makes me weep
They found him in his room asleep

But when it was party time
Jeremy was feeling fine
Juggling with the juggler, laughing at the clown
Playing with his friends, running all around
Yes when it was party time,
Jeremy was feeling fine
For his very special day

So the moral of this story as you can plainly see
If you want to have fun "We want to have fun!"
Get your sleep!

8. Scrub a Dub (+Squeaky Clean Hands)

Sung by Ross and Cathy Bollinger
Squeaky Clean Hands sung by Cecilia Becker

I'm having a really good day
Rubbing my dog as we play
In the driveway

Chorus
That's a lot of germs heading my way
I'm going to wash these hands right away
Listen up germs we are through
Here is what I'm going to do to you
I'm going to scrubabaduba duba duba....
I rinse the soap off my hands
Down the drain to gremygerm land

I've got a really bad cold
From my head to my toes
Now I'm blowing my nose

Repeat Chorus

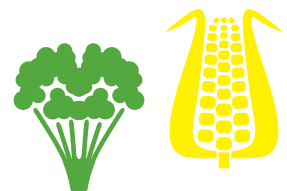
1 Turn the water on
2 Wet your hands come along
3 Put some soap on your palm
And scruba dub dub as you sing this song

I feel like a king or queen
As my hands get squeaky clean
Scrub my fingers up and down
Rubbing soap suds all around
I feel like a king or queen
As my hands get squeaky clean

I rinse the soap off my hands
Down the drain to gemy germ land

I'm playing with my friend Pete
Rubbing mud on my feet
Now it's time to eat

Repeat Chorus



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9. A Sip of Water

W A T E R you ready for a sip of water
W A T E R you ready for a sip of water

Water on my tongue
Water down my throat
Water in my belly
Mmm Mmm good! (repeat 2 times)

W A T E R you ready for a sip of water
W A T E R you ready for a sip of water

A little bit now
A little bit later
Quenches my thirst
And makes me feel greater! (repeat 2 times)

W A T E R you ready for a sip of water
W A T E R you ready for a sip of water

Water in my body
Water in my cells
Water to the top
Of the wishing wells (repeat 2 times)

W A T E R you ready for a sip of water
W A T E R you ready for a sip of water

10. What's on your plate?

*Arranged by Karen Verm. Sung by Kate Bollinger,
Aaron Cohen, Grace Hoffman, Jenna Moody,
Jamie Rademacher, Kia Wassenaar*

Ooh ooh what's on your plate?
Ooh ooh what's on your plate?
Ooh ooh what's on your plate?

Tasty fruit

Ooh ooh what's on your plate?
Ooh ooh what's on your plate?
Ooh ooh what's on your plate?

Tasty fruit, vegetables

Ooh ooh what's on your plate?
Ooh ooh what's on your plate?
Ooh ooh what's on your plate?

Tasty fruits, vegetables, great grains

Ooh ooh what's on your plate?
Ooh ooh what's on your plate?
Ooh ooh what's on your plate?

Tasty fruits, vegetables, great grains, PROTEINS

Ooh ooh what's on your plate?
Ooh ooh what's on your plate?
Ooh ooh what's on your plate?

Tasty fruits, vegetables, great grains, PROTEINS,
delicious dairy

Yum yum delicious

11. WHEN YOU SNEEZE

Sung by Ross Bollinger

I was sitting in the classroom
Listening to Ms. Hill
I was trying to sit still
When I noticed my best friend Phil
He was a'wiggling and a'jiggling
Like a sneeze was on its way
But before I got away
I was hit by the spray (eww!)

*Chorus:
So when you sneeze, if you please
Use a tissue or your sleeve
That's what we do
Ah ah ah choo!*

I woke up in the morning
I was feeling pretty bad
So I went and got my dad
"Looks like you can't go on the fieldtrip, Scout
Too bad!"
I climbed back into bed
With a fever and the chills
How did I ever get so ill
It must have been that big stinker Phil

Chorus

Don't let this be your fate
My friend it's not too late
When a sneeze is coming on
Don't forget this little song

Chorus (no sneeze at the end)

Chorus (double length)

12. I Can Do it

*Chorus
I can do it I can do it I can do it I can
I can do it
I can do it I can do it I can do it I can
I can do it*

I want to shoot a basket you can do it
I want to learn to read you can do it
I want to snap my fingers you can do it

If you see it you can be it. You'll get through it
you can do it

Repeat Chorus

I want to ride a bike you can do it
I want to tie my shoes you can do it
I want to be a singer you can do it

If you see it you can be it. You'll get through it
you can do it

If I don't know it I can learn it
If I don't have it I can earn it
If I keep trying I can turn it
If you see it you can be it you'll get through it
you can do it

Repeat Chorus

I can do it
I can do it
I can do it



13. Healthy Foods

Clementine's, yogurt, celery, peanut butter

My my, if you eat that apple you might run so fast I can't catch you
My my, if you eat that peach you might jump so high I can't reach you
My my, if you eat blueberries you might get stronger than Uncle Harry
My my, if you eat that wheat bread you'll grow so fast you might look down at my head

*Chorus
Healthy Foods make you stronger
Healthy foods make you smarter
Healthy foods are the way to take care of wonderful you*

Walnuts, oatmeal, cantaloupe, sweet peas

My my, if you eat that carrot you might see all the way to Paris
My my, if you eat that spinege you might become the 1st race car driver to finish
My my, if you eat cucumbers you might run faster than the road runner
My my, if you eat that plum there's no telling what you could become

Repeat Chorus

Oranges string cheese zucchini bean dip
Strawberries corn milk hummus
Raisons cottage cheese applesauce
brown rice

14. Big Hands, Little Hands

Sung by Kate Bollinger, Justin Bryan, Reese Bryan, and Cecelia Becker

Daddy's got big hands daddy's got big feet
Daddy needs good whole food to eat
Daddy's got big hands daddy's got big feet
Daddy needs good whole food to eat

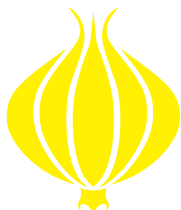
I've got little hands I've got little feet
I need good whole food to eat
I've got little hands I've got little feet
I don't need as much food as Daddy to eat

Every day when I wake up
I start my day with breakfast
Cereal with fruit on top is what I like the best

Mama's got big hands mama's got big feet
Mama needs good whole food to eat
Mama's got big hands mama's got big feet
Mama needs good whole food to eat

I've got little hands I've got little feet
I need good whole food to eat
I've got little hands I've got little feet
I don't need as much food as Mama to eat

Three meals a day and a snack or two
Will help me grow up strong like you
Fruits and vegetables are GREAT
And fill up half my plate



14. Big Hands Little Hands continued

Grandma's got big hands
Grandma's got big feet
Grandma needs good whole food to eat
Grandma's got big hands
Grandma's got big feet
Grandma needs good whole food to eat

I've got little hands I've got little feet
I need good whole food to eat
I've got little hands I've got little feet
I don't need as much food as Grandma to eat

And before I go to sleep
I used to want a snack to eat
But I don't really need a snack
Until the morning sun comes back

Daddy's got big hands Mama's got big feet
Grandma needs good whole food to eat
Daddy's got big hands Mama's got big feet
Grandma needs good whole food to eat

I've got little hands I've got little feet
I need good whole food to eat
I've got little hands I've got little feet
I don't need as much food as Daddy to eat
I don't need as much food as Mama to eat
I don't need as much food as Grandma to eat

15. Clap and stop

Clap clap your hands, Clap clap your hands,
Clap clap your hands and stop
Clap clap your hands, Clap clap your hands,
Clap clap your hands and stop

Put your hands on your head
Hands on the knees
Hands on your arms
Now give yourself a squeeze

Tap tap your knees, tap tap your knees,
tap tap your knees and stop
Tap tap your knees, tap tap your knees,
tap tap your knees and stop

Now it's time to stand up
Time to sit down
time to stand up
stand up

March in your place March in your place
March in your place and stop
March in your place March in your place
March in your place and stop

Reach over your head
Now down to the floor
Hands on your arms
Now hug yourself once more

Jump up and down, Jump up and down, Jump
up and down and stop
Jump up and down, Jump up and down, Jump
up and down and stop

Hands on your hips
Hands on your back
Hands on your head
Now do one jumping jack

Hop on one foot, hop on one foot, hop on one
foot and stop
Hop on one foot, hop on one foot, hop on one
foot and stop

Now let's put it all together
Just follow me
You can do it I know you can
If you listen carefully

Clap clap your hands, Clap clap your hands,
Clap clap your hands and stop
Tap tap your knees, tap tap your knees, tap
tap your knees and stop
March in your place March in your place
March in your place and stop
Jump up and down, Jump up and down, Jump
up and down and stop
Hop on one foot, hop on one foot, hop on one
foot and stop

Now on the count of 4
Let's all sit quietly on the floor
1 2 3 4

16. Breathing Like the Wind

I'm breathing like the sound of the wind
My breath goes in and out again
I'm breathing like the sound of the wind
Blowing through the trees

Chorus
First I breathe in
Then out like the wind
First I breathe in
Then out like the wind
Blowing through the trees

I'm swaying like a tree in the breeze
Gentle wind blows through the trees
Swaying like a tree in the breeze
Gently side to side

Repeat Chorus

17. Five Fruits and Vegetables

5 fruits and vegetables
4 big glasses of water
3 milk or dairy please
To be 1 healthy me

Let's sing it again
Like we sang it before
If that's not enough
We'll sing it some more

18. Have a good day

Have a good day
Keep on smiling as you go on your way
There's so much to see
As you leave the friends you have made
A nice thing to say
Is have a good day

Have a good day
Keep on smiling as you go on your way
There's so much to do
Sometimes a smile can brighten
someone's day
And then you can say
Have a good day
I want to say to you
Have a good day



Credits

"Scrub-a-dub" and "When You Sneeze" written
by Cathy Bollinger and Ross Bollinger

"Polly Wolly Doodle" - traditional

"Squeaky Clean Hands" - traditional melody,
lyrics by Cathy Bollinger

All other songs written by Cathy Bollinger

Recorded at Virginia Arts Recording Studio,
Charlottesville, VA and Virginia Arts Recording
Studio South, Ajjic, Mexico

Cathy Bollinger, *vocals, guitar, ukulele*

Ross Bollinger, *acoustic electric guitar, vocals*

Will Bollinger, *electric bass, drum kit*

Paul Brier, *acoustic and electric guitar, mandolin,
electric bass, piano, organ, clarinet, trumpet, trombone,
alto saxophone, baritone saxophone, tenor saxophone,
soprano saxophone, flutophone, recorder, vocals*

Chris Doermann, *drum kit and percussion*

Kevin Eichenberger, *upright bass*

Chelo Gonzales, *drum kit and percussion*

Matty Metcalfe, *accordion, mandolin, piano,
keyboard*

Charlie Pasterfield, *electric guitar, electric bass*

Children's Chorus

Cecilia Becker, Kate Bollinger, Justin Bryan,
Reese Bryan, Aaron Cohen, Grace Hoffman,
Bradley Keats, Annemarieke Leliveld,
Jenna Moody, Jamie Rademacher,
Kia Wassenaar, Ashunti Rohan

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