

Happy Healthy Songs - Lyrics

1. The Warm Up Song (Exercise Warm Up)
2. Rainy Weather (Appropriate clothing for outdoor play)
3. The Dragon Song (Using tissues when sneezing then washing hands)
4. Teeny Weenie Mouse (Healthy Eating)
5. Marvellous Monster (Brushing Teeth)
6. Sunny Weather (Appropriate clothing for outdoor play)
7. Messy Monster (Hand washing before eating)
8. Follow Me (Exercise Song)
9. Windy Weather (Appropriate clothing for outdoor play)
10. Shower Song (Personal hygiene)
11. Baby Gorilla (Hand washing after using the toilet)
12. Furry Monster (Personal Care for Hair)
13. Snowy Weather (Appropriate clothing for outdoor play)
14. Land of Lullabies (Rest time)
15. Hello Song (Greeting song)
16. Follow Me (A line up song)
17. Snack Time (Healthy Eating)
18. The Tidy Up Song (Tidying Up)
19. Goodbye Song (Farewell song)

The Warm Up Song

Reach up and touch the sky
Spread your arms open wide
Now shake them
And swing them side to side
Oh Yeah
Slowly turn around
Like a Merry-go-round
Now start bobbing up and down
Clap your hands with me
One - two - three
Then Wobble
Come on wobble with me
We're here today
And ready to play

That's Right

Rainy Weather

When the sky is grey
And it's a rainy day
Button up your raincoat
And pull on your Wellington boots

On a rainy day
Lots of fun together
We'll play outside
In all kinds of weather
On a rainy day

The Dragon Song

Once upon a time, the story goes
There was a fire breathing Dragon with a runny nose
And every time he sneezed he shook from head to foot
Then everything got covered in thick black soot

Achoo - Achoo
This just won't do
Our Dragon needs a big tissue
Achoo - Achoo
I ask him please
To always use a tissue when you sneeze

Our Dragon has the answer to his sooty nose
By using lots of tissues every time he blows
He throws away the tissues and he washes his hands
I think our little Dragon seems to understand

Achoo - Achoo
His nose he blew
Our Dragon with a big tissue
Achoo - Achoo
If you have to sneeze
Then always use a tissue please

Ah yes he's getting better
He sneezes less and less
Ah yes he's getting so much better
No more sooty mess

Hip Hip Hurray
It's a lovely Day
Our Dragon can go out to play
So now he spends time
With his friends
And so our story has a happy end

Teeny Weenie Mouse

A Teeny Weenie Mouse
Lived beside a stream
Eating healthy food
In the garden of his dreams

Apples carrots lettuce leaves
Yummy scrumptious food to eat

One Teeny Weenie Mouse
Was looking for a treat
Searching here and there
For something good to eat

Cabbage sprouts and sweet cherries
Yummy scrumptious food to eat

Now Teeny Weenie Mouse
Was happy as could be
By eating fruit and veg
He grew up healthily

Turnips plums and gooseberries
Celery rhubarb runner-beans
Beetroots parsnips raspberries
Yummy scrumptious food to eat

Marvellous Monster

I am a Marvellous Monster
My teeth are shiny and sparkling bright
My teeth are strong
My teeth are clean
My smile will light up the night

I love to clean my teeth
I brush them every night
That's why my teeth are so bright
My brush goes up and down
My brush goes side to side
My brush goes round and around
My brush goes up and down
My brush goes side to side
My brush goes round and around

Sunny Weather

When the sun is up
And the sky is blue
You can wear a T-Shirt
Summer shorts and sandals too

On a sunny day
Lots of fun together
We'll play outside
In all kinds of weather
On a sunny day

Messy Monster

I'm a Messy Monster
Covered in Gloopy Goo
I've had a lovely time
But there something

I must do Splish splash splish splash splosh
I give my hands a wash
Before I go to eat
Splish splash splish splash splosh
I give my hands a wash
And then I go and eat
Splish splosh

Follow Me
(Exercise Song)

Attention.....

Everybody's got to look this way
Stop what you're doing as it's time to play
Watch me now and do the same as me
Clap your hands a 1. 2. 3.

Follow me.
Follow me.
Follow me.
Follow me.
Follow me.

Windy Weather

When the north wind blows
The leaves around your toes
Tuck your clothes in nice and tight
To keep you cosy and warm

On a windy day
Lots of fun together
We'll play outside
In all kinds of weather
On a windy day

Shower Song

When I take a shower
Sparkling water goes everywhere
Soapy lather is in my hair
Rainbow bubbles float in the air

Now I'm singing
Splish splosh - Splish splosh
When I have a wash
Drip drop - Drip drop
Fun in the shower
Wish wash - Wish wash
I can splish and splosh
Drip drop - Drip drop
Now I'm clean and fresh
Yes a shower's the best

Baby Gorilla

When Baby Gorilla has been on the loo
He knows exactly what he should do
As quick as a wink
He dips his hands in the sink
Bursting bubbles of soap
As they get a good soak

With a rub-a-dub-dub
He gives his hands a good scrub
With a splish and a splosh
They get a good wash
This is what you must do
Once you've been to the loo

Like Baby Gorilla
With a splish and a splosh
Like Baby Gorilla
Give your hands a good wash

Furry Monster

I'm a furry monster
With wild and crazy hair
I love my combs and brushes
And take them everywhere
So I look my best
In everything I wear

Cos I wash it
And I brush it
And I handle it with care
Cos I love to show
The world my marvellous hair

Yes I comb it
And I curl it
And I handle it with care
Cos I love to show
The world my marvellous hair

Snowy Weather

When the day is cold
And snow begins to fall
Wrap a scarf around you neck
Wear a hat a coat and your gloves

On a snowy day
Lots of fun together
We'll play outside
In all kinds of weather
On a snowy day

Land Of Lullabies

There's a place you can go
Just close your eyes
Sweet dreams are waiting
In your crayon skies

You can dream anything
In your sleepy times
Catch a cloud and drift away
To the Land of Lullabies

As the world is turning
Slowly round and round
Snuggle up and sleep tight
You're safe and sound

I'll be here when you wake
And open up your eyes
Until then just dream away
In the Land of Lullabies

Hello Song

Hello - Hello
Let's all wave Hello
It's good to see you today

Hello - Hello
To you and to me
Let's have a wonderful day

Singing songs as we play with our friends each day
Sharing laughter and fun every day

Follow Me
(Line Up Song)

Attention.....

Everyone your attention please
Stop what you're doing as it's time to leave.
Let's make a line and we're on our way
So march in time as you hear me say.....

Follow me.
Follow me.
Follow me.
Follow me.
Follow me.

Snack Time

It's time for a snack
Go and wash your hands now
Make sure they're nice and clean
We're having fun
Eating healthy food
And sharing it as a team

The food we eat today
Gives us energy to play
We'll grow up big and strong
And have fun the whole day long

It's Snack Time
Whoa-oh-oh - It's Snack Time
It's Snack Time
Whoa-oh-oh - It's Snack Time
Come on
It's Snack Time

The Tidy Up Song

It's time to tidy up
So everyone join in
Mop up slips and slops
Throw the rubbish in the bin
Put away the toys
Ready for another day
Yes it's time to tidy up
Dancing while we put things away

Goodbye Song

Goodbye - Goodbye
Let's all wave Goodbye
We had such fun with our friends

Goodbye - Goodbye
To you and to me
Take care until we meet again

We shared laughter and fun with our friends today
We all shine in our different ways