

Educational Activities, Inc.

Presents

CD 526

HEALTH AND SAFETY

LEARNING BASIC SKILLS THROUGH MUSIC

by Hap Palmer

This original material is designed for active participation. Each song has an "Instant Sing Line" and/or movement.

The "Instant Sing Line" is a phrase or sentence that repeats itself throughout the song. Because it can be learned quickly, the children are able to participate actively right away. As they participate, they are hearing the other words of the song, and as they are hearing these words, they are learning them without the need for a formalized teaching approach. The movements are just suggestions.

Let yourself and the children be creative.

1: TAKE A BATH

Instant Sing Line:

Take a bath - splish splash take a bath

Movement:

Clap, dance, pantomime taking a bath

Words:

I take a bath to keep myself dean

Ooooooh you know what I mean

Take a bath

Splish splash take a bath

I take a bath because it feels good

Ooooooh feels so good

Take a bath

Splish splash take a bath

Take a bath

Splish splash take a bath

Take a bath, splish splash take a bath

I take a bath so I dont smell bad

Ooooooh don't smell bad

Take a bath

Splish splash take a bath

Take a bath

Splish splash take a bath

Take a bath, splish splash take a bath

I take a bath to keep myself clean

Ooooooh you know what I mean

Take a bath

Splish splash take a bath

Take a bath

Splish splash take a bath

Take a bath

Splish splash take a bath

2: BUCKLE YOUR SEAT BELT

Instant Sing Line:

Buckle your seat belt that's what you do

Movement:

Pantomime buckling a seat belt, or use real seat belt if available

Words:

When you ride in the car what's the first thing you do

Buckle your seat belt, that's what you do

It doesn't take long just a second or two

Buckle your seat belt, that's what you do

Tell your mommy and your daddy to buckle theirs too

No excuse will do

When you ride in the car what's the first thing you do

Buckle your seat belt, that's what you do

They save many lives and they may save you

Buckle your seat belt, that's what you do

Tell your mommy and your daddy to buckle theirs too

No excuse will do

When you ride in the car what's the first thing you do

Buckle your seat belt, that's what you do

3: POSTURE EXERCISES

Movement:

Perform exercises described in lyric of song

Words:

Let's do some posture exercises

They're good for people of all sizes

Stand up straight with your arms at your sides

Pretend you're a tree for the first exercise

Let your branches grow up isn't it fun, reach, reach
for the sun (kneel-slowly-stand and bring arms up)

The wind blows right and the wind blows left (hands
in air - bend right and then left)

The wind blows right and the wind blows left

Let's do some posture exercises

They're good for people of all sizes

Stand up straight with your arms at your sides

Pretend you're a rocket for the next exercise

On your tippy toes that's how the rocket goes (go up
on toes - raise hands - put them together - and
stretch)

Put your hands together, they will be the rocket's
nose

Walk on your toes and hold your hands high
(walk around circle - on toes and stretch)

Stretch, stretch and pretend you can fly

Let's do some posture exercises

They're good for people of all sizes

Stand up straight with your arms at your sides

Listen very carefully for the last exercise

Wiggle your shoulders up and down, up and down
and round and round

Put your hands and knees on the ground, lift your
back like a camel up and down

4: KEEP THE GERMS AWAY

Instant Sing Line:

That's the best way - to keep the germs away

4th Verse:

That's not the way - to keep the germs away

Words:

Here's a rule

Can't be beat

Keep yourself

Clean and neat

That's the best way

To keep the germs away

Brush your teeth

Take good care

Of your fingernails and hair

That's the best way

To keep the germs away

Why not look your best and stay healthy and well?

When you keep yourself clean and neat

Mmmmm...you sure look swell

You don't need

Brand new clothes

When they're clean everybody knows

That's the best way

To keep the germs away

Dirty hands

Spread disease

Dirty hair is a home for fleas

That's not the best way

To keep the germs away

Why not look your best and stay healthy and well?

When you keep yourself clean and neat

Mmmmm...you sure look swell

Here's a rule

Can't be beat

Keep yourself

Clean and neat

That's the best way

To keep the germs away

5: SAFE WAY

Instant Sing Line:

That's the safe way

Movement:

Have class members make safety posters and display them in front of the room. One person is chosen to point to the safety rules as he or she hears them in the song. The rules are divided into groups (fire, water and bicycles) and a different person can take each group.

Words:

Safe way, safe way, do you know the safe way

There's a right and wrong way, the right way is the safe way

Fire can be dangerous when you don't know the safe way

But fire can keep you warm and happy when you know the safe way

Never play with matches - that's the safe way

Keep papers and trash picked up - that's the safe way

Report a fire at once - that's the safe way

When there's a fire drill walk don't run - that's the safe way

Safe way, safe way, do you know the safe way

There's a right and wrong way, the right way is the safe way

Water can be dangerous when you don't know the safe way

But water can keep you cool and clean when you know the safe way

Never swim alone, have someone swim with you - that's the safe way

Do not dive or jump into shallow water - that's the safe way

Swim close to shore don't go out too far - that's the safe way

It's best to swim where there's a lifeguard - that's the safe way

Safe way, safe way, do you know the safe way

There's a right and wrong way, the right way is the safe way

Bicycles can be dangerous, when you don't know the safe way

But bicycles can be lots of fun, when you know the safe way

Learn to ride your bicycle well before going out on the road that's the safe way

Keep both hands on the handlebars, and both feet on the pedals - that's the safe way

Only one person at a time should ride on a bicycle - that's the safe way

Obey all traffic rules - that's the safe way

Safe way, safe way, do you know the safe way

There's a right and wrong way, the right way is the safe way

6: BRUSH AWAY

Instant Sing Line:

Brush away tooth decay, up and down brush away

Movement:

Pantomime brushing teeth during verses or better yet use real tooth brushes and really brush. (For this song you can brush like the astronauts without toothpaste and water.) Stop brushing and sing the instant sing line after each verse.

Words:

When you finish eating do you give your teeth a brush

Don't forget to do it even when you're in a rush

Stop bad breath and tooth decay

Brush at least three times a day

Now let's sing along - sing this little song

Brush away, tooth decay

Up and down, brush away

Brush away, tooth decay

Up and down, brush away

Get the little particles that hide in little cracks

They're sure to be around after every meal and snack

Don't forget your gums and the molars in the back

Get the little particles hiding in the cracks

Now let's sing along - sing this little song

Brush away, tooth decay

Up and down, brush away

Brush away, tooth decay

Up and down, brush away

Brush at least three times a day

Or the little particles will eat your teeth away

They make little holes we call cavities

So be kind to your teeth and brush them please

Now let's sing along - sing this little song

Brush away, tooth decay

Up and down, brush away

Brush away, tooth decay

Up and down, brush away

7: COVER YOUR MOUTH

Instant Sing Line:

Cover your mouth

Movement:

Cover your mouth after singing the instant sing line

Words:

When you cough or sneeze

Think of others, please

Cover your mouth

Can you show me how

All together now

Cover your mouth

And if you have a cold, you should do your best

To stay in bed and get some rest

When you cough or sneeze

Think of others, please

Cover your mouth

Practice makes it habit

One more time you'll have it

Cover your mouth

8: ALICE'S RESTAURANT

Instant Sing Line:

You can get all the foods you need at Alice's
Restaurant

Movement:

Each member of the class is given a food card. These can be pictures from magazines or simply the name of a food written on a card. The class is divided into the four basic food groups. Each person stands when the food on his card is called.

Words:

You can get all the foods you need at Alice's
Restaurant

You can get all the foods you need at Alice's
Restaurant

Walk right in it's around the back, just a half a mile
from the railroad track

You can get all the foods you need at Alice's
Restaurant

Hold your food card in your hand at Alice's
Restaurant

When it's called get up and stand at Alice's
Restaurant

Now here's Alice come to tell about the foods that
keep you well

You can get all the foods you need at Alice's
Restaurant

Hi boys and girls, this is Alice. The foods at my
Restaurant are divided into 4 groups:

Here are some foods from the first group Meat, Eggs
and Nuts.

Hamburger - Hot Dog - Turkey - Fish - Bacon - Eggs
Steak - Nuts and Peanut Butter

The next group is Fruits and Vegetables.

Apples - Banana - Orange - Peach Pear - Tomato -
Green Beans - Carrots - Corn - Lettuce - Squash -
Spinach

The next group is Breads and Cereals.

Cereal - Toast - Biscuits - Bread - Cake - Macaroni -
Donut - Spaghetti - Cookies - Noodles - Crackers -
Pancakes

The fourth group is Milk foods.

Cheese - Ice Cream - Milk - Butter

Remember there are many wonderful foods from
each group that have not been named

And the most important thing to remember is: you
should have some foods from each group every
day.

You can get all the foods you need at Alice's
Restaurant

You can get all the foods you need at Alice's
Restaurant

Walk right in it's around the back, just a half a mile
from the railroad track

You can get all the foods you need at Alice's
Restaurant

9: STOP, LOOK AND LISTEN

Instant Sing Line:

Stop, look and listen

Movement:

Stamp feet on word "stop"

Point to eyes on "look"

Touch ears on "listen"

Words:

Stop, look and listen

Stop, look and listen

When you come to a street

You will know if it's safe

When you stop, look and listen

On a busy street, you should never jay walk
Take the extra steps and use the cross walk
When you see a signal this is what you should know
Red means stop, and green means go

Stop, look and listen
Stop, look and listen
When you come to a street
You will know if it's safe
When you stop, look and listen

If your ball goes in the street don't go darting after it
For if a car is coming, there's a chance you will be hit
You can live a lot longer and avoid an injury
When you stop, look and listen and don't be in
such a hurry

Stop, look and listen
Stop, look and listen
When you come to a street
You will know if it's safe
When you stop, look and listen

10: EXERCISE EVERY DAY

Instant Sing Line:
Exercise every day

Movement:
Perform exercises described in lyric of song

Words:
Don't sit and watch TV all day
Spend some time in active play
Run and jump, skip and climb
Play games and have a good time

Here is something you should know
Exercise helps muscles grow
And if you want a healthy heart
There's no time like now to start

Touch your toes down and up
Down and up, down and up
Touch your toes down and up
Exercise every day

Swing your arms and twist your trunk
Swing and twist, swing and twist
Swing your arms and twist your trunk
Exercise every day

Jump, jump up and down
Up and down, up and down
Jump, jump up and down
Exercise every day

Find a mat, lie on your back
Sit up and lie down, sit up and lie down
Up down, up and down
Exercise every day

Lie on your front, kick your legs
Knees and arms off the mat
Kick, kick, kick your legs
Exercise every day

Everyone up and swing your arms
Swing your arms side to side
Swing them high, lift and stretch
Exercise every day.

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