

Healthy Me Songs



999

Sung to: '3 Blind Mice'

999 999

Help's on the way.

Help's on the way.

If I need help, I know what to do,
I can call the police and the fire station, too,
It makes me feel safe to know what to do.
Dial 9-9-9

Five Firefighters

Five firefighters, standing in a row
1, 2, 3 and off they go
Hop on the engine with a shout
Quick as a flash
The fire is out
5, 4, 3, 2, 1



Fire-fighter

Sung to: 'I'm a little teapot'

I'm a little fire-fighter on the go,
Here is my helmet, here is my hose (*point to head and put hands together like a hose*)
When I see a fire (*pretend to look*),
Hear me SHOUT! (*shout loud*).
I turn the water on (*pretend to turn water on*),
And put the fire out (*pretend to sweep hose back and forth*).

What is My Job?

Sung to: 'Are you sleeping?'

What is my job? What is my job?
Can you guess? Can you guess?
I help people get well.
I help people get well.
Who am I? Who am I?

**Other verses: I can fix the water pipes.*

I deliver letters.

I make tasty meals for you.

I keep your pets healthy.

I can teach you new things.

I can help if you get lost.



Stop, Look, Think

Stop, look, think

Stop, look, think

Before you cross the road

Before you cross the road

You use your eyes and you use your ears

You use your eyes and you use your ears

And if no car or bus appears

Well then you cross the road

Well then you cross the road



Safety Belts

Sung to 'Jingle Bells'



Safety belts. Safety belts.

Wear them all the way

Every time you're in the car.

Every night and day, oh

Safety belts. Safety belts.

Wear them round your lap

Then before you start to ride,

Everybody **snap**

I'm a Helpful Doctor

Sung to: 'I'm a little teapot'

I'm a helpful doctor, dressed in white.
I help people feel better, day and night.

When you're hurt or sick,

Then come to me.

I'll make you all better

Just as quick as can be.



Five White Teeth

Five white teeth sitting in a mouth
Sitting in a mouth, Sitting in a mouth.
When along came a sticky, sticky sweet
When along came a sticky, sticky sweet
When along came a sticky, sticky sweet
And one went bad and it had to be pulled...out!
5, 4, 3, 2, 1

Peter, Peter

Peter, Peter sweetie eater
Drinking cola by the litre
Is there something you've forgotten?
All your teeth will soon be rotten!

Five a day

Can you clap, can you clap, clap, clap, clap for a
carrot?

Please remember to eat up all your fruit and
veggies

Every day you eat them one by one, two, three,
four, five

Run for a raspberry

Bounce for a beetroot

Turn for a turnip

March for a mango



Five Juicy Plums

Five juicy plums on an old plum tree
Round and fat and sweet as can be
Along hopped a rabbit on a bright sunny day
Picked a plum and hopped away

Banana Smoothie

Bananas of the world unite
Peel banana, peel, peel banana
Chop...blend....pour....drink.....go
Bananas of the world unite

Bean song

Can you be a runner bean, a runner bean, a
runner bean, a runner, runner bean?
Jumping bean
Chilli bean
Big broad bean
A magic bean
A French bean

I eat my Peas

I eat my peas with honey
I've done it all my life
It makes the peas taste funny
But it keeps them on my knife!

Alive, Alert Awake, Enthusiastic

I'm alive, alert, awake, enthusiastic
I'm alive, alert, awake, enthusiastic
I'm alive, alert, awake,
I'm awake, alert, alive
I'm alive alert awake enthusiastic

My Teddy Bear

My teddy bear is always there. When I'm tired and
sleepy.
My teddy bear is always there. Tucked up in bed
beside me.
When I'm feeling frightened. When I'm feeling
scared.
I hold my teddy tightly. I know he's always there.

If you're happy and you know it

If you're happy and you know it clap your hands
If you're happy and you know it clap your hands
If you're happy and you know it and you really
want to show it
If you're happy and you know it clap your hands

Stamp your feet
Turn around
Shout "we are!"
Do all four

Fantastic Gymnastic

Oh we are fantastic, gymnastic, like elastic
Oh we are fantastic, gymnastic, like elastic
Oh we are fantastic, how gymnastic we are

We can turn on our tiptoes
We can stand just on one leg
We can sit down and balance
And now we are kneeling
We can balance on our tummies
Now we balance on three points

Running Shoes

I'm running in my running shoes, my running
shoes, my running shoes
I'm running in my running shoes
Can you run like me?

Jumping in my jumping shoes
I tiptoe in my gym shoes
Skipping in my dancing shoes
Galloping in my horse shoes
Walking in my walking shoes

Heads, Shoulders, Knees and Toes

Heads, Shoulders, Knees and Toes, knees and
toes
Heads, Shoulders, Knees and Toes, knees and
toes
And eyes and ears and mouth and nose
Heads, Shoulders, Knees and Toes

Arms, fingers, tummy and legs, tummy and legs
Arms, fingers, tummy and legs, tummy and legs
And hair and chin and teeth and tongue
Arms, fingers, tummy and legs, tummy and legs

Busy Body

I've got a body, a very busy body and it goes
everywhere with me
On that body, I've got 2 hands and they go
everywhere with me
With a clap clap here, a clap clap there,
Clap, clap, clap, clap everywhere
I've got a body, a very busy body and it goes
everywhere with me

Tommy Thumb

Tommy thumb, Tommy thumb, where are you?
Here I am, here I am, how do you do?

Peter Pointer, Toby Tall, Ruby Ring, Baby small