

Choosy Nation



Encourages a healthier nation by
moving and learning indoors and outside

1 | Choosy Cha Cha

Slide to your side
(slide to your side)

Go back

Slide to your side
(slide to your side)

Now jump three times
(jump three times)

To the front, to the back,
to the front, oh yeah,
I like it like that
(Now move it) (6x)

FREEZE

Now sing this!

(Chorus)

I'm so happy that I'm healthy
(I'm so happy that I'm healthy)

I'm so happy that I'm strong
(I'm so happy that I'm strong)

I'm so happy that I'm healthy
(I'm so happy that I'm healthy)

I'm so happy that I'm strong
(I'm so happy that I'm strong)

Slide to your side
(slide to your side)

Go back

Slide to your side
(slide to your side)

Now jump three times
(jump three times)

To the front, to the back,
to the front, oh yeah,
I like it like that
(Now move it) (6x)

FREEZE

Now sing this!

(Chorus)

I cover my cough (aha aha)

I brush my teeth

I eat my fruits and veggies
(like Choosy, like Choosy)
and I eat my grains and beans
(mm-mm-mm)

Now show your C's
if you're down with me (x4)

Let's dance

Let's sing

Let's do our thing

(Chorus)

2 | Choosy Cha Cha Instrumental

3 | Be Choosy Outside

YEE HAW!

(Chorus)

Let's play, let's play outside
Let's learn, let's learn outside
Let's learn in nature and we
can make sure we're Choosy,
we're Choosy outside!

Let's learn and move outside

Gallop like a pony. Jump as
high as the tallest tree. Climb
the ladder to the top of the
slide. March in the tall grass

Can I get a Yee Haw? (YEE HAW!)

Hop on one foot across small
puddles. Row, row, row your
boat. Leap across big puddles.
Swim in the water (ahh)

(Chorus)

Now dig in the dirt with your
shovel. Bend down to smell the
flowers. Walk across a log. Buzz
from flower to flower like a bee.

Can I get a Yee Haw? (YEE HAW!)

Pull the weeds in the garden.
Make your arms be the big sun.
Water your pretty plants. Grow
taller and taller like a sunflower.

(Chorus)

Can I get a Yee Haw? (YEE HAW!)

4 | Be Choosy Outside Instrumental

5 | Brush My Smile

I want happy healthy teeth
and a happy healthy smile!
Tooth brush, tooth paste
help me brush my smile!

Choosy says, you need
clean teeth to be healthy!
Don't rush and that means
take your time!

Just a little on the middle
of my brush. Don't rush,
don't rush (x2)

I brush them left and brush
them right. I brush them in
the morning and every night.
Choosy says, don't rush when
you brush!

(Chorus)

I want happy healthy teeth
and a happy healthy smile!
Tooth brush, tooth paste
help me brush my smile!
Just a little on the middle
of my brush. Don't rush,
don't rush (x2)

My teeth on the bottom,
my teeth on top. I brush
them until they're clean and
I won't stop. Choosy says,
Help me brush, help me brush!

(Chorus)

I brushed them up and
down until they're white.
I brush them after meals
and I'm doing it right.
Choosy says, don't rush
when you brush!

Take your time

Yeah like that...yeah like this...
don't rush, don't rush (x2)

Now everybody say, AHHHH
that's clean! (AHHHH that's clean)

Now show off your happy,
healthy smile!

6 | I Move Myself

(Chorus)

Ooooh

I, I move myself in many ways.

I, I move myself in many ways

I, I move myself in so many

(ways) (x4)

Shake your head. Come on

shake your head. Choosy

says, Can you show me?

Can you show me (red) (x4)?

Put your arms up. Put your

arms down. Choosy says,

can you show me? Can you

show me (brown) (x4)?

(Chorus)

Wiggle your front. Now wiggle

your back. Choosy says, can

you show me? Can you show

me (black) (x4)?

Be a jumping bean. Go on be

a jumping bean. Choosy says,

can you show me? Can you

show me (green) (x4)?

(Chorus)

7 | Move Myself 2

(Chorus)

Ooooh

I, I move myself in many ways.

I, I move myself in many ways

I, I move myself in so many

(ways) (x4)

Wiggle like jello. Come on,
wiggle like jello. Choosy says,
can you show me? Can you
show me yellow(x4)?

March your shoes. That's right,
march your shoes. Choosy says,
Can you show me? Can you
show me blue(x4)?

(Chorus)

Make your arms in a circle. Go
on make your arms in a circle.
Choosy says, Can you show me?
Can you show me purple(x4)?

Now stir that soup (mm mm)
Now take a bite. Choosy says,
Can you show me? Can you
show me white(x4)?

(Chorus)

8 | I Move Myself Instrumental

9 | When I Move My Parts

(Chorus)

(Mo-o-o-ve) (3x)

When I move my parts,
my body gets happy.

When I move my parts,
my body grows healthy.

When I move my parts,
my brain gets smarter.

My heart gets stronger

And I can live longer.

(Mo-o-o-ve) (3x)

When I move my parts,
(yeah) My brain gets smarter
My heart gets (Ooh) stronger
and I can live longer!

(Mo-o-o-ve) (x3)

When I Move My Parts

(Mo-o-o-ve) (x3)

When I Move My Parts

Now, shake your head.

Touch your toes. Bend
your knees and flap your
elbows (flap your elbows)

(Chorus)

Now, swing your arms.

Stomp your feet. Wave

your hands in the air.

Wave them like you

just don't care!

(Chorus)

When I move my parts,

(Ooh) My body gets happy

When I move my parts,

(Ooh) My body grows healthy

10 | When I Move Myself Instrumental

11 | Choosy Nation

I've been told and I believe
(I've been told and I believe)
A Choosy Nation is all we need
(A Choosy Nation is all we need)
Parents, friends, and family
(parents, friends, and family)
March along and join with me
(march along and join with me)

(Chorus)
Let's celebrate a Choosy Nation
Let's celebrate a Choosy Nation
Let's help create a healthy nation
Let's celebrate a Choosy Nation
(Like left, right, left, right, left, right) (x2)

Choosy's here to help us know
(Choosy's here to help us know)
How to be healthy while we grow
(how to be healthy while we grow)
Parents, friends, and family
(parents, friends, and family)
March along and join with me
(march along and join with me)

(Chorus)
Let's celebrate a Choosy Nation
Let's celebrate a Choosy Nation
Let's help create a healthy nation
Let's celebrate a Choosy Nation

13 | Empty Space Club

Everybody move!

FREEZE!

Now look outside of your self-space. Can you see any empty spaces? That means that no one else is in that space. Choosy says if you move your body into spaces that are empty, you will not bump into anyone else, and that makes you a SAFE player. Show me that you can move safely to the music!

(Choosy Nation music plays)

FREEZE!

That was great! Remember to move only into the empty spaces that you see. Can you slide to this music?

(Choosy Cha Cha music plays)

FREEZE!

Choosy says, look for empty spaces. Be safe and don't

bump into anybody. How does this music make you move?"

(Be Choosy Outside music plays)

FREEZE!

That was fun! You are now a member of the Empty Space Club!

I love being in the Choosy Kids Club, I love being in the Empty Space Club (x2)

Let's get ready to move again. How does this music make you move? Look for those empty spaces.

(Slow music plays)

FREEZE!

Cool! Remember you're a member of the Empty Space Club. You know what that means. Now move to this music!

(I'm the Boss music plays)

FREEZE!

Sweet! Now let's try one more. If the space is empty, it's ok to move there. Let's move backwards!"

(Music Plays)

FREEZE! (ahaha)
Now let's sing our Empty Space Club song again!"

I love being in the Choosy Kids Club, I love being in the Empty Space Club) (x2)

You are in the CLUB! You tried moving today without bumping into anyone. You are a member of Choosy's Empty Space Club! Choosy says you are a SAFE player! Show your C! Give someone near you a C-5.

14 | I'm The Boss

I'm the boss

(Chorus)

I'm the boss of my
body. I tell it what to
do. I'm in charge like
Choosy and here's
how I move. Because
(I'm the Boss, yeah) (x3)
I'm the Boss (Ooh!)

I boss my fingers
(touch the ground) (x3)
And then I boss myself
(turn around) (x3)
(Ooh!)

(Chorus) (x2)

Now Chill...

I boss my arms
(high to low) (x3)
I boss my legs
(jump side to side) (x3)
I boss my hands
(raise the roof) (x3)
And then I stretch myself
(big and tall) (x3)
Woo!

(Chorus)

Now Chill...

I boss my tummy
(twist yourself) (x3)
I boss my feet
(march in place) (x3)

(Chorus)

When you O-o-oh,
Ah-h-h-h. It means you
like what I do. When
you clap, clap, clap.
I'll do it all over for you
Choosy says, O-o-oh,
Ah-h-h-h. You say
O-o-oh (O-o-oh)
Ah-h-h-h (Ah-h-h-h)

Now everyone listen
real close! When I
(hop on one foot) (x2)
Will you give me high five?

When I (twist my waist) (x2)
Will you tell me that I'm great?
(you're great!)

When I move my arms
over here and when I
move my arms over there.
Will you smile real big and
cheer, cheer, cheer? (Yeah!)

Can you clap?
Can you smile?
Can you O-h-h-h and Ah-h-h-h
Will you tell me when I move
I'm the best you ever saw?

(Chorus)

Now everyone listen
real close! When I
(spin around) (x2)
Will you give me high five?
When I (hug myself) (x2)
Will you tell me that I'm great?
(you're great!)

And when I jump my
feet over here, and
when I jump my feet
over there. Will you
smile real big and
cheer, cheer, cheer? (yeah!)

Can you clap?
Can you smile?
Can you O-h-h-h and Ah-h-h-h
Will you tell me when I move
I'm the best you ever saw?

(Chorus)

Yay!

17 | I Like To Move

I like to move, move I like
to move my body (x8)

I like to move because I,
I like living healthy and
Choosy's going to help
me and so he tells me.

Move it fast, move it
slow. Move it high and
move it low. You can
move it with your feet.
You can move it to
the beat.

I want to say it loud
(loud)and make my
family proud (proud)
So let me show you
how (how) I've got
this thing down

I like to move, move I like
to move my body (x4)

Come on spread the love
Hold your "C's" high above
If you just can't get enough
Of the Choosy Kids Club

You can move it with your arms
You can move it with your legs
You can move it with your hands
and you can move it with your head

I want to say it loud (loud)
and make my family proud (proud)
So let me show you how (how)
I've got this thing down

(I like to move, move
I like to move my body) (x4)

I like to move
(come on spread the love
I've got this thing down)
I like to move

I like to move, move
I like to move my body
I like to move, move
I like to move my move my
Move my body