

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 strong
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 strong)
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)



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!

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!)

Let's learn and move outside

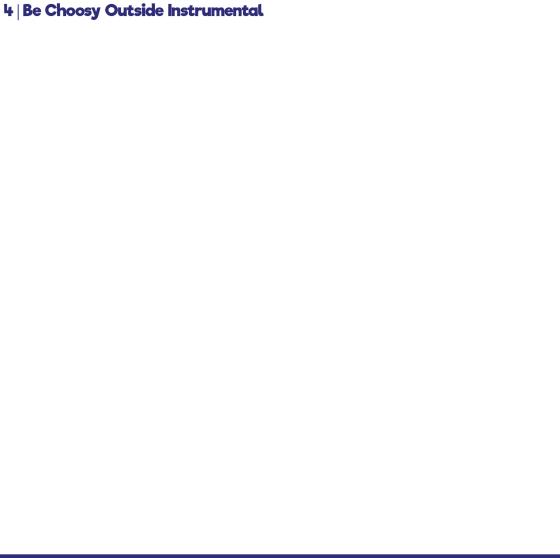
Gallop like a pony. Jump as high as the tallest tree. Climb the ladder to the top of the slide. March in the tall grass

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!)



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 | I 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)



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)

Now, shake your head. Touch your toes. Bend your knees and flap your elbows (flap your elbows)

(Chorus)

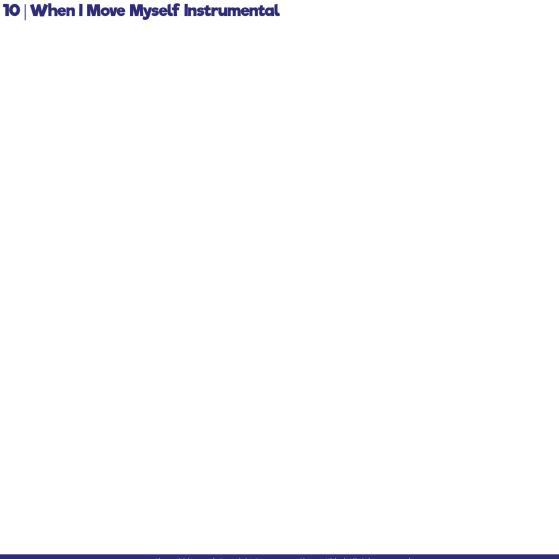
Now, swing your arms. Stomp your feet. Wave your hands in the air. Wave them like you just don't care!

(Chorus)

When I move my parts, (Ooh) My body gets happy When I move my parts, (Ooh) My body grows healthy 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



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)

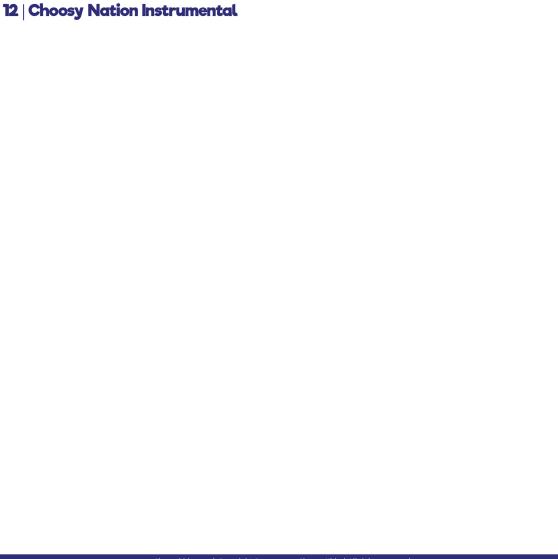
(Chorus)

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!)

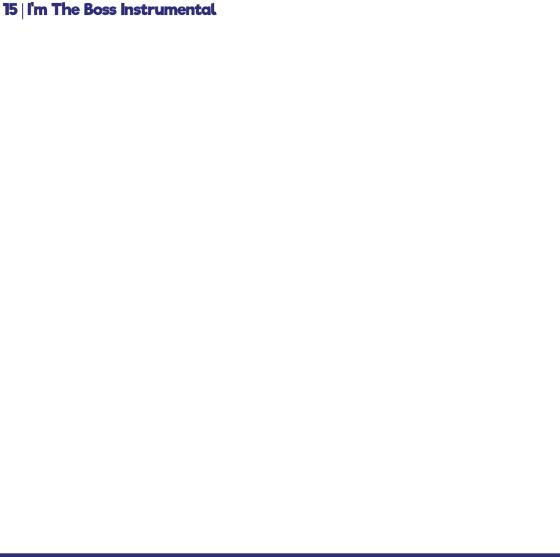
Now Chill...
I boss my arms
(high to low) (x3)
I boss my legs
(jump side to side) (x3)
I boss my hands
(raise the roof) (x3)
And then I stretch myself
(big and tall) (x3)
Woo!

(Chorus)

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

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

(Chorus) (x2)



16 | Oooh Ahhh

(Chorus)
When you O-o-oh,
Ah-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