



Songs to Encourage Healthy Behaviors in Children

1 | I'm Moving I'm Learning

I'm learning
what, what, what
(what, what, what)
what my body does
(what my body does)
like bend and stretch

I'm learning
how, how, how
(how, how, how)
how my body moves
(how my body moves)
like fast and slow

I'm learning
where, where, where
(where, where, where)
where my body moves
(where my body moves)
like high and low

I'm moving
with, with, with
(with, with, with)
with my Choosy friends
(with my Choosy friends)
now everybody dance
and sing everybody
dance and sing

(Chorus)
I'm moving, I'm learning
I'm moving, I'm learning
I'm learning to move
and I'm moving to learn
so come on everybody
help me sing this song
I'm moving, I'm learning
I'm moving, I'm learning
I'm learning to move
and I'm moving to learn
so I have a healthy body
my whole life long

I'm learning
what, what, what
(what, what, what)
what my body does
(what my body does)
Like twist and turn

I'm learning
how, how, how
(how, how, how)
how my body moves
(how my body moves)
Like start and stop

I'm learning
where, where, where
(where, where, where)
where my body moves
(where my body moves)
like forward and backward

I'm moving
with, with, with
(with, with, with)
with my Choosy friends
(with my Choosy friends)
now everybody dance
and sing everybody
dance and sing

(Chorus)

I'm moving, I'm learning
(Yay!)

2 | My Heart Says Thanks

When I eat my fruit
my heart says thanks
bump-bump, bump-bump
my heart says thanks!

When I eat my veggies
my heart says thanks
bump-bump, bump-bump
my heart says thanks!

When I drink my milk
my heart says thanks
Bump-bump, bump-bump
my heart says thanks!

When I rest and sleep
my heart says thanks
Bump-bump, bump-bump
my heart says thanks!

But when I move, move, move
(move, move, move)
and when I jump, jump, jump
(jump, jump, jump)
and when I hop, hop, hop
(hop, hop, hop)
and when I run in place
(run in place)

But when I move, move, move
(move, move, move)
and when I jump, jump, jump
(jump, jump, jump)
and when I hop, hop, hop
(hop, hop, hop)
and when I run in place
(run in place)

My happy healthy heart says (x2)

Thank you! (x7)
bump-bump, bump-bump
my heart says thanks !
Bump-bump, bump-bump
my heart says thanks!

Bump-bump, bump-bump
my heart says thanks!

3 | Choosy Hears

Everybody move!
Now freeze!

(Chorus)
Choosy hears
What does Choosy hear?
Choosy hears
What does Choosy hear?

(Chorus)
Choosy hears cars
beeping on the highway
Choosy hears horses
gallop on the farm
Choosy hears wind blowing
through the tall trees
Choosy hears balls bouncing
on the pavement

(Chorus)
Choosy hears chickens
clucking in the barnyard
Choosy hears popcorn
popping in the microwave
Choosy hears a truck
backing down the driveway
Choosy hears a bear in the forest

(Chorus)

Choosy hears feet
running on the sidewalk
Choosy hears rain
dropping on a tin roof

(Chorus)
Choosy hears
What does Choosy hear?
Choosy hears
What does Choosy hear?

Yay!

4 | Make Me Feel Great 1

Choosy's in the kitchen
what would Choosy make?
And what would I like
on my Choosy plate?
Something that's healthy
something that tastes
good something that'll
make me feel great! (X2)

Now, when I say a food
you say 'Good for me'
or 'No thank you'
Here we...

Veggies
(good for me) (x2)

Beans
(good for me) (x2)

Potato Chips
(no thank you) (x2)

Fish
(good for me) (x2)

Choosy's in the kitchen
I wonder what's up?
And what would I like
in my Choosy cup?
Something that's healthy
something that tastes
good, something that'll
make me feel great! (X2)

How about milk
(good for me) (x2)
Soda
(no thank you) (x2)
Water
(good for me) (x2)
Juice
(good for me) (x2)

Choosy's in the kitchen
what would Choosy make?
And what would I like
on my Choosy plate?
Something that's healthy
something that tastes
good something that'll
make me feel great!

Choosy's in the kitchen
I wonder what's up?
And what would I like
in my Choosy cup?
Something that's healthy
something that tastes
good something that'll
make me feel great!

5 | Mix It All Up

We're going to pick, peel,
and pour healthy foods
to make a Choosy smoothie

Now everybody be the
blender and twist your
whole body

And Freeze!

All my Choosy kids pick
your blueberries (x4)

All my Choosy kids pick
your strawberries (x4)

Twist your arms and
mix it all up pour your
smoothie into the
Choosy cup (x4)

Now all my Choosy kids
peel your bananas (x4)

All my Choosy kids
peel your orange (x4)

Now twist your waist
and mix it all up
pour your smoothie
into the Choosy cup (x4)

Now all my Choosy kids
pour your milk (x4)

All my Choosy kids
pour your ice (x4)

Now twist your whole
body and mix it all up
pour your smoothie into
the Choosy cup (X4)

6 | Mix It All Up Your Way

We're going to pick, peel,
and pour healthy foods
to make a Choosy smoothie

Now everybody be the
blender and twist your
whole body

And Freeze!

(Music)

All my Choosy kids
pick your _____ (x4)
All my Choosy
kids pick your _____ (x4)

Twist your arms
and mix it all up
pour your smoothie
into the Choosy cup (x4)

(Music)

Now all my Choosy kids
peel your _____ (x4)
All my Choosy kids
peel your _____ (x4)

Now twist your waist
and mix it all up pour
your smoothie into
the Choosy cup (x4)

(Music)

Now all my Choosy kids
pour your _____ (x4)
All my Choosy kids
pour your _____) (x4)

Now twist your whole
body and mix it all up
pour your smoothie
into the Choosy cup (X4)

7 | Swing And Sway

Ok Choosy kids let's
march to the park to
find a strong, healthy tree
1, 2, ready march!

And Freeze!

Wow! Look at that tree!
Can you pretend that
you're a tree, just like
that one? Put your arms
up and sway side-to-side

Now sway back and forth
Whoa! It's getting really
windy make sure your feet
are stuck to the ground

And Freeze!

Hey, there's a swing hanging
from one of the branches!
Can you swing your arms
back and forth, just like the swing?
Let's try it!

Now swing one of your legs
Now swing your other leg
Now swing your hands

And Freeze!

Wow it's really fun to
swing and sway

What a busy day!
Let's march home
1, 2, ready march!

8 | I Can Fly

Attention Choosy passengers this is your flight captain speaking. We're going to pretend to fly in the sky. First off, we're going to be an airplane so put your arms out to your sides and remember, when we take off you can fly only into open spaces and don't bump into any other planes.

Here we go... 4, 3, 2, 1

Fly forward...

Swoop down low...

Now fly backwards....

Now let's land

And freeze!

Now we're going to be a rocket and fly high into outer space so put your hands over your head in a point.

Now remember after take-off, fly only into open spaces.

Get ready... 4, 3, 2, 1

Tip toe into space...

Jump forward...

Jump backward...

Now let's land!

Now we're going to fly in a hot air-balloon. Show me how big your balloon is. Everyone stand up and step inside the balloon

Ok, get ready for lift off... 4, 3, 2, 1

Move around like you're inside a hot air-balloon...

Turn around...

Cool, now let's land!

Great Job Choosy flyers!

9 | Make Me Feel Great 2

Choosy's in the kitchen
what would Choosy make?
And what would I like
on my Choosy plate?
Something that's healthy
something that tastes
good something that'll
make me feel great! (X2)

Now, when I say a food
you say 'Good for me'
or 'No thank you'
Here we go...

Fruit
(good for me) (x2)

Brown rice
(good for me) (x2)

French Fries
(no thank you) (x2)

Doughnuts
(no thank you) (x2)

Choosy's in the kitchen
I wonder what's up?
And what would I like
in my Choosy cup?
Something that's healthy
something that tastes
good, something that'll
make me feel great! (X2)

How about milk
(good for me) (x2)
Soda
(no thank you) (x2)
Water
(good for me) (x2)
Juice
(good for me) (x2)

Choosy's in the kitchen
what would Choosy make?
And what would I like
on my Choosy plate?
Something that's healthy
something that tastes
good something that'll
make me feel great!

Choosy's in the kitchen
I wonder what's up?
And what would I like
in my Choosy cup?
Something that's healthy
something that tastes
good something that'll
make me feel great!

10 | I'm Learning To Choose

I'm learning
what, what, what
(what, what, what)
What my body needs
(what my body needs)
Like fruits and veggies

I'm learning how, how, how
(how, how, how)
How to make my snacks
(how to make my snacks)
Like mixing and chopping

I learn to
choose, choose, choose
(choose, choose, choose)
Choose my healthy foods
(choose my healthy foods)
Like fresh with colors

I'm eating with, with, with
(with, with, with)
With my Choosy friends
(with my Choosy friends)
Now everybody dance and sing
(everybody dance and sing)

(I'm moving, I'm learning) (x2)
I'm learning to choose
and I'm choosing to like
foods that are good for me.

(I'm moving, I'm learning) (x2)
I'm learning to choose
and I'm choosing to like
drinks that are going to
give me energy

I'm learning what, what, what
(what, what, what)
What my body needs
(What my body needs)
Like milk and water

I'm learning how, how, how
(how, how, how)
How to make my snacks
(how to make my snacks)
Like washing and peeling

I learn to choose, choose, choose
(choose, choose, choose)
Choose my healthy foods
(choose my healthy foods)
Like Choosy
Like Choosy

I'm eating with, with, with
(with, with, with)
With my Choosy friends
(with my Choosy friends)
Now everybody dance and sing
(everybody dance and sing)

(I'm moving, I'm learning) (x2)
I'm learning to choose
and I'm choosing to like
foods that are good for me.

(I'm moving, I'm learning) (x2)
I'm learning to choose
and I'm choosing to like
drinks that are going to
give me energy

I'm moving, I'm learning (yay!)

T1 | Choosy Size Me

It seems every day there are choices to make so many different roads you can take. Sometimes it's tough but I just think ahead of who I want to grow up to be. I've got to keep moving so I grow up strong. If I eat the right foods then I can't go wrong. I'm just a kid now, but it won't be long until I'm a bigger taller version of me.

(Chorus)

So I've just got to use my head when somebody comes up to me and says, 'Would you like a burger and fries?' Tack on a few extra sides? A jumbo size soda to wash it all down? Is that how you want to be? (Is that how you want to be?) Let your brain just waste away sitting home watching TV all day? No thanks. I will just Choosy size me!
Just Choosy size me!

Instead of sitting still, I'm going to exercise. Instead of pigging out, I'll keep it Choosy size. I'll be smart now because I realize one day I'm going to thank myself. Treat my body well and work out my heart. Challenge my mind so I can always stay smart. I love a lot of things but there's nothing else, more important than my health.

(Chorus)

Would you like a burger and fries? Tack on a few extra sides? A jumbo size soda to wash it all down? Is that how you want to be? Let your brain just waste away sitting home watching TV all day? No thanks. I will just Choosy size me!
(Would you like a burger and fries?' Tack on a few extra sides? A jumbo size soda to wash it all down? Is that how you want to be?)
Just Choosy size me!

(Let your brain just waste away sitting home watching TV all day) No thanks. I will just Choosy size me! (Ooh...)

Just Choosy size me! (Ooh...)
Just Choosy size me!



1. I'm Moving I'm Learning
2. My Heart Says Thanks
3. Choosy Hears
4. Make Me Feel Great #1
5. Mix It All Up
6. Mix It All Up Your Way
7. Swing and Sway
8. I Can Fly
9. Make Me Feel Great #2
10. I'm Learning To Choose
11. Choosy Size Me

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