

My **WIGGLE** Makes Me **Giggle**



Songs to encourage healthy habits in young children

1 | My Wiggle Makes Me Giggle

Lets sing, my wiggle my wiggle, my wiggle makes me giggle My giggle, my giggle, my giggle makes me wiggle.

Wiggle your head. Wiggle your thumbs. Wiggle your shoulders. Now do a wiggle that makes you giggle. Wiggle your, I said wiggle your, I said wiggle your...

(Chorus)

Now sing, my wiggle my wiggle my wiggle makes me giggle. My giggle my giggle my giggle makes me wiggle. Take a big breath in. Turn yourself around. Let's go!

Wiggle your fingers. Wiggle your elbows. Wiggle your legs. Now do a wiggle that makes you giggle. Wiggle your, I said wiggle your, I said wiggle your...

(Chorus)

Wiggle your nose.
Wiggle your belly.
Wiggle your hands.
Now do a wiggle that makes you giggle.
Wiggle your, I said wiggle your, I said wiggle your...

Now sing, my wiggle my wiggle, my wiggle makes me giggle. My giggle, my giggle, my giggle makes me wiggle.

My wiggle my wiggle, my wiggle makes me giggle. My giggle, my giggle, my giggle makes me wiggle.

2 | Gotta Hug Myself

I love my smile.
I love my knees.
I love my elbows
and my dancing feet.
I love my eyes.
I love my nose.
How bout my arms
I Love both of those.

(Chorus)

Step back, gotta hug
myself. Ahhhh Stretch
and hug, now squeeze!
Stretch and hug, now
squeeze! (Hey, Hey)
Stretch and hug, now
squeeze! (one more time)
Stretch and hug,
now MOVE...

I love my fingers.
I love my hair.
I love my brain
it's under there.
I love my shoulders.
I love my heart.
I love my hips
and all my other parts.

(Chorus)

I love my back
I love my hands
and my ankles
I'm a pretty big fan.

I love my ears.
I love my chin.
I love my whole body
Let me say it again,

(Chorus)

That's right, give yourself
the biggest hug ever!

3 | Play In Choosy's Band

Let's Sing, Let's Jam,
Let's Play in Choosy's
Band (X4)

Play drums in the band (X2)
Play guitar in the band (X2)
Play piano in the band (X2)

(Chorus)

Now Sing, woah woah
woah woah, woah woah
woah woah.

Sing, woah woah
woah woah, woah
woah woah woah.

Let's go faster!

Play drums in the band (X2)
Play guitar in the band (X2)
Play piano in the band (X2)

(Chorus)

Play drums in the band
Play guitar in the band
Play piano in the band

Now Sing, woah woah
woah woah, woah woah
woah woah.

Can you go faster?

Drums, guitar, piano,
now sing, woah (X3)

Whooo... That was fun!

4 | I Can! Can You?

Choosy can do a lot of cool moves. Let's see if you can do them too!

(Chorus)

I can. Can you? (Yeah)

I can. Can you? (Yeah)

Show me what you can do (Okay)

I can move my head.

Can you? (Yeah)

(Chorus)

I can move my head.

Can you? (Yeah)

I can clap my hands.

Can you? (Yeah)

(Chorus)

I can move my head.

Can you? (Yeah)

I can clap my hands.

Can you? (Yeah)

I can get real low.

Can you? (Yeah)

(Chorus)

I can move my head.

Can you? (Yeah)

I can clap my hands.

Can you? (Yeah)

I can get real low.

Can you? (Yeah)

I can shrug my shoulders.

Can you? (Yeah)

(Chorus)

I can move my head.

Can you? (Yeah)

I can clap my hands.

Can you? (Yeah)

I can get real low.

Can you? (Yeah)

I can shrug my shoulders.

Can you? (Yeah)

I can raise my arms.

Can you? (Yeah)

Now Can you do all of Choosy's cool moves?

(Chorus)

I can move my head.

Can you? (Yeah)

I can clap my hands.

Can you? (Yeah)

I can get real low.

Can you? (Yeah)

I can shrug my shoulders.

Can you? (Yeah)

I can raise my arms.

Can you? (Yeah)

Choosy says, "You CAN! You CAN move just like Choosy! Now give yourself a BIG round of applause!"

5 | I Can! Can You? 2

Choosy can do a lot of cool moves. Let's see if you can do them too!

(Chorus)

I can. Can you? (Yeah)

I can. Can you? (Yeah)

Show me what you can do (Okay)

I can twist my tummy.

Can you? (Yeah)

(Chorus)

I can twist my tummy.

Can you? (Yeah)

I can flap my elbows.

Can you? (Yeah)

(Chorus)

I can twist my tummy.

Can you? (Yeah)

I can flap my elbows.

Can you? (Yeah)

I can bend my knees.

Can you? (Yeah)

(Chorus)

I can twist my tummy.

Can you? (Yeah)

I can flap my elbows.

Can you? (Yeah)

I can bend my knees.

Can you? (Yeah)

I can march my feet.

Can you? (Yeah)

(Chorus)

I can twist my tummy.

Can you? (Yeah)

I can flap my elbows.

Can you? (Yeah)

I can bend my knees.

Can you? (Yeah)

I can march my feet.

Can you? (Yeah)

I can turn around.

Can you? (Yeah)

Now Can you do all of

Choosy's cool moves?

(Chorus)

I can twist my tummy.

Can you? (Yeah)

I can flap my elbows.

Can you? (Yeah)

I can bend my knees.

Can you? (Yeah)

I can march my feet.

Can you? (Yeah)

I can turn around.

Can you? (Yeah)

Choosy says, "You CAN!

You CAN move just like

Choosy! Now give yourself

a BIG round of applause!

6 | My Hands Need Washed

(Chorus)

My hands get dirty when
I play all day. My hands
need washed in a special
way. I use some water, I
use some soap. Are my
hands clean yet?

No, no, no

I Rub rub rub.

I scrub scrub scrub

I rub and rub and rub

I scrub and scrub and scrub

Now look at your hands.
Get them ready to move!

My hands can pound a hammer
My hands can bounce a ball
My hands can toot the horn
My hands can paint a wall

(Chorus)

Now look at your hands.
Get them ready to move!

My hands can shake a stick
My hands can carry rocks
My hands can dig the dirt
My hands can stack big blocks

(Chorus)

7 | Do What I Do

Choosy says, let's play
do what I do! I'll start
and then you take a turn.
Check It...

(Chorus)

Do what I do" is fun for me and you!

(Chorus)

Watch me and do what I do
Do what I do, do what I do.
Watch me and do what I do,
Do what I do, Do what I do!
Do It, Do It! Do what I, do
what I do. Do It, Do It!
Do what I, do what I do.

That was fun! Now it's
someone else's turn!
I pick... hmm you, now
we get do what you do.

(Chorus)

That was awesome!
Now it's someone else's
turn! I pick you now we
can do what you do.

(Chorus)

That was sweet! Now
it's someone else's turn!
I pick... hmm you so we
can do what you do.

8 | Happy Birthday

(Chorus)

It's your special day,

Everyone says yay!

Happy Birthday!

Happy Birthday!

It's your special day,

Everyone says yay!

Happy Birthday!

Happy Birthday!

Happy Birthday!

Show me your best birthday dance!

(Chorus)

Choosy Says, Happy Birthday!

9 | I Love My Teeth

I Love My Teeth! (X2)

2×2 this is what I do

2×2 so I can smile for you (X2)

I brush two times every day

I brush two minutes so I can say.....

Let me hear it....

I Love My Teeth! (X2)

2×2 this is what I do

2×2 so I can smile for you (X2)

I brush two times every day

I brush two minutes so I can say.....

Let me hear it...

I Love My Teeth! (X4)

Choosy says, SMILE!!!

10 | What Can You Do?

Choosy says, Choosy says,
1, 2, what can you do?
Twist and turn? Twist and
turn? Do it.

(Chorus)

What can you, what can you
do? What can you, what can
you do? What can you, what
can you do? What can you,
what can you do?

Choosy says, Choosy says,
3, 4, let's move some more
up and down and up
and down.

(Chorus)

Choosy Says, Choosy Says,
5, 6, Let's do some tricks
balance on one foot! Yeah!

(Chorus)

Choosy says, Choosy says,
7, 8, you're doing great
balance on the other foot!

(Chorus)

Choosy Says, Choosy Says,
9, 10, high 5 a friend do it,
do it, do It Yeah!

(Chorus)

11 | My Choosy Plate

Hey look Choosy's in the kitchen, awesome. Clap with me Yeahhhhh, feels good! Let's sing, check it out!

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

Let's chop the veggies. Let's stir the soup. Let's toss the salad. So good for me and you. So good for me and you. Come on!

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

Let's pick the peaches. Let's dig potatoes. Let's slice bananas. So good for me and you. So good for me and you. Sing it!

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

Come on y'all

12 | My Choosy Cup

Hey look Choosy's in the kitchen, awesome. Clap with me Yeahhhhh, feels good! Let's sing, check it out!

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

Let's twist to make a smoothie. Let's squeeze some orange juice. Let's drink healthy water. So good for me and you. So good for me and you!

Choosy's in the kitchen I wonder what's up? (ha-ha) And what would I like in my Choosy cup? (what would I like?) Something that's healthy. Something that tastes good (tastes good). Something

that'll make me feel great! (yeahhh)

Let's make grape juice with our feet? Let's jump and pick apples to make juice. Let's drink healthy water (ha-ha). So good for me and you. So good for me and you! Sing it!

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

Come on y'all!

13 | Yum Yum Yummy 2

(Chorus)

Oh, Yum, yum, yummy,
it's time. For my tum,
tum, tummy to dine. I
said, Yum, yum, yummy,
it's time. For my tum, tum,
tummy to dine.

Let's Clap... Hey....Hey
Let's Clap...Hey....Hey

Fruits and veggies, yum,
yum. Orange ones, blue
ones, yum, yum. Can you
say orange? (pause) Can
you show me orange?
Can you say blue? (pause)
Can you show me blue?

(Chorus)

Fruits and veggies, yum,
yum brown ones, purple
ones, yum. Can you say
brown? (pause) Can you
show me Brown? Can you
say Purple? (pause) Can
you show me Purple?

(Chorus)

yum yum! mmmmmmm!

14 | Yum Yum Yummy 2

(Chorus)

Ooh yum, yum, yummy,
panzita. Tum, tum, tummy,
comidita. Yum, yum, yummy,
panzita tum. Tum, tummy,
comidita. Bate palmas,
(clapping) Hey, (clapping)
Hey, (clapping) Bate palmas,
(clapping) Hey, (clapping)
Hey, (clapping)

Frutas y verduras, yum, yum.
Anaranjadas, azules, yum, yum.
¿Puedes decir “naranja”?
¡Muestra el naranja! ¿Puedes
decir “azul”? ¡Muestra el azul!

(Chorus)

Frutas y verduras, yum, yum.
Café, moradas, yum, yum
¿Puedes decir “café”?
¡Muéstrame el café! ¿Puedes
decir “morado”? ¡Muéstrame
el morado!

(Chorus)

Yum, yum, mmmm

15 | Our Special Time 2

(Chorus)

It's our special time what
can we do? What will be
fun for just me and you?
It's our special time what
can we do? Something
that will make you feel loved!

Let's clap hands too that
will be fun for me and you!
Clap, clap, clap, clap (x3)
Clap, clap, do it, do it.
Clap, clap, clap, clap (x3)
Clap, clap, do it, do it.

(Chorus)

Let's twist and turn too that
will be fun for me and you!
Twist, twist, Turn, turn
Twist, twist, Turn, do it,
do it (x2)

(Chorus)

Let's move our feet too that
will be fun for me and you!
Move your feet (x3) Move your
feet, move 'em move 'em
Move your feet (x3) Move your
feet, move 'em move 'em

(Chorus)

This is our special time what
else can we do?

Do it, do it, do it, do it!
Do it, do it, do it, do it!

16 | Un momento especial 2

(Chorus)

Un momento especial

¿Qué podemos hacer?

¿Qué puede ser divertido

solo para dos? Un

momento especial ¿Qué

podemos hacer? Algo que

te haga sentir amor.

Vamos a aplaudir será

divertido, tú y yo aplaude,

aplaude, aplaude, aplaude

aplaude, aplaude, aplaude,

aplaude. Muy bien aplaude,

aplaude, aplaude, aplaude

aplaude, aplaude, aplaude,

Muy bien.

(Chorus)

Vamos a bailar y girar será

divertido, tú y yo baila, baila,

gira, gira baila, baila, gira,

gira baila, baila, gira, gira

baila, baila, gira, gira

(Chorus)

Vamos a mover los pies será

divertido, tú y yo mueve los

pies, mueve los pies, mueve

los pies, mueve los pies

mueve, mueve mueve

los pies, mueve los pies,

mueve los pies, mueve

los pies mueve, mueve

(Chorus)

Este es nuestro momento

especial ¿Qué más podemos

hacer?

Hazlo, hazlo, hazlo, hazlo

Hazlo, hazlo, hazlo, hazlo

17 | Choosy Says Let's Play

If you're healthy, march with me. Choosy says let's play! March and march and march with me. Choosy says let's play! March and march and march with me. Choosy says let's play! With a march right here and a march over there, march around everywhere. If you're healthy, march with me, Be healthy every day.

If you're healthy, sway with me. Choosy says let's play! With arms up high, sway with me. Choosy says let's play! With arms up high, sway with me. Choosy says let's play! With a sway over here and a sway over there, sway side to side and everywhere. If you're healthy sway with me. Be healthy every day.

If you're healthy, clap with me. Choosy says let's play! Clap and clap and clap with me. Choosy says let's play! Clap and clap and clap with

me. Choosy says let's play! With a clap clap here and a clap clap there. Clap your hands everywhere. If you're healthy, clap with me, Be healthy every day.

If you're healthy, stretch with me. Choosy says let's play! Stretch and stretch and stretch with me. Choosy says let's play! Stretch and stretch and stretch with me. Choosy says let's play! With a stretch, stretch here and a stretch, stretch there. Stretch and stretch everywhere. If you're healthy, stretch with me. Be healthy every day.

Be healthy every day.
Oh, be healthy every day.

18 | Choosy quiere jugar

Si estás sano, marcha así.
¡Choosy quiere jugar!
Marcha, marcha, marcha
así. ¡Choosy quiere jugar!
Marcha, marcha, marcha
así. ¡Choosy quiere jugar!
Con una marcha acá y
una marcha allá, Marcha
en círculos en todas partes
Si estás sano, marcha así.
Sé sano cada día.

Si estás sano, mécete así.
¡Choosy quiere jugar! Con
los brazos arriba, mécete
así. ¡Choosy quiere jugar!
Con los brazos arriba,
mécete así. ¡Choosy quiere
jugar! Con los brazos acá y
los brazos allá Mécete a un
lado en todas partes Si
estás sano, mécete así
Sé sano cada día.

Si estás sano, aplaude así
¡Choosy quiere jugar!
Aplauda, aplauda, aplauda
así. ¡Choosy quiere jugar!
Aplauda, aplauda, aplauda
así. ¡Choosy quiere jugar!

Con una palma acá y una
palma allá Aplauda con tus
manos en todas partes Si
estás sano, aplauda así
Sé sano cada día.

Si estás sano, estírate así
¡Choosy quiere jugar!
Estírate, estírate, estírate
así. ¡Choosy quiere jugar!
Estírate, estírate, estírate
así. ¡Choosy quiere jugar!
Con un estirón acá y un
estirón allá Estírate, estírate
en todas partes Si estás sano,
estírate así Sé sano cada día.

Sé sano cada día.
Oh, sé sano cada día.

My **WIGGLE** Makes Me Giggle

1. My Wiggle Makes Me Giggle
2. Gotta Hug Myself
3. Play in Choosy's Band
4. I Can! Can You?
5. I Can! Can You? 2
6. My Hands Need Washed
7. Do What I Do
8. Happy Birthday
9. I Love My Teeth
10. What Can You Do?
11. My Choosy Plate
12. My Choosy Cup
13. Yum Yum Yummy 2
14. *Yum yum yummy 2
15. Our Special Time 2
16. *Un momento especial 2
17. Choosy Says Let's Play 2
18. *Choosy quiere jugar 2



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