

SUPER CHOOSY

HERO OF HEALTHY HABITS



SONGS TO ENCOURAGE HEALTHY
HABITS IN YOUNG CHILDREN

1 | Choosy Shuffle

Jump forward
And do a wiggle
Jump backward
And do a jiggle
Jump forward
And do a wiggle
Jump backward
And do a jiggle

(Chorus)

Step sideways
The choosy shuffle
Choosy shuffle (x3)
Now to the other side
The choosy shuffle
Choosy shuffle (x3)

Oh now turn yourself around
Self around, Self around
Now turn yourself around
Self around, Self around

Flap your elbows
And do a wiggle
Bend your knees
And do a jiggle
Flap your elbows
And do a wiggle
Bend your knees
And do a jiggle
Come on!

(Chorus)

Oh now turn yourself around
Self around, Self around
Now turn yourself around
Self around, Self around

Clap your hands
And do a wiggle
Touch your knees
And do a jiggle
Clap your hands
And do a wiggle
Touch your knees
And do a jiggle

(Chorus)

Oh now turn yourself around
Self around, Self around
Now turn yourself around
Self around, Self around

Now wave your arms
And do a wiggle
March your feet
And do a jiggle
Wave your arms
And do a wiggle
Now march your feet
And do a jiggle

(Chorus)

Oh now cool yourself down
Self down Self down
Now cool yourself down
Self down, Self down
Cool yourself down
Self down, Self down
Now cool yourself down
Self down, Slow down

2 | Words Are Fun

Words are fun
And they help us learn
Are you ready
To take your turn?

I'm a word that
I think you've heard
If you know me
It's time to show me

JUMP

I'm a word that
I think you've heard
If you know me
It's time to show me

SWAY

I'm a word that
I think you've heard
If you know me
It's time to show me

MARCH

I'm a word that
I think you've heard
If you know me
It's time to show me

BEND

I'm a word that
I think you've heard
If you know me
It's time to show me

BALANCE

I'm a word that
I think you've heard
If you know me
It's time to show me

STRETCH

I'm a word that
I think you've heard
If you know me
It's time to show me

HOP

I'm a word that
I think you've heard
If you know me
It's time to show me

CLIMB

I'm a word that
I think you've heard
If you know me
It's time to show me

TWIST

I'm a word that
I think you've heard
If you know me
It's time to show me

WIGGLE

Words are fun!
And they help us learn
Take a bow
For your last turn!

BOW

Choosy says
It's fun to know it
And show it!

3 | Boss Of My Tummy 1

Cause I'm the boss (x3)

(Chorus)

I'm the boss of my tummy

I tell it what to eat

all the fruits and veggies

are my favorite treats

that's how I eat

that's how I drink

that's how I snack

cause I'm the boss

I'm the boss of my tummy

I tell it what to eat

all the fruits and veggies

are my favorite treats

that's how I eat

that's how I drink

that's how I snack

cause I'm the boss

Now Chill...

I like fruit

Slice the peach (x3)

I like veggies

Mash the calla flower (x3)

I like water

Drink it up (x3)

And then I hug myself

(Awwwww)

(Chorus)

Now Chill...

I like fruit

Pick the blueberries (x3)

I like veggies

Dig the potatoes (x3)

I like water

Drink it up (x3)

And then I hug myself

(Awwwww)

(Chorus)

4 | Super Choosy

(Chorus)

Ka pow!

Let me show you how

Ka bam!

Show you what I am

I'm super

Super Choosy!

I'm super

Super Choosy!

(what what what)

I got the power to be strong

making healthy choices

all day long

I'm super

Super Choosy!

I got my friends

who love to play

we eat fruits and

veggies every day

I'm super

Super Choosy!

(Chorus)

I got my glasses

I got my cape

for healthy choices that I make

I'm super

Super Choosy!

I move and learn all day long

I'm gonna grow up

healthy and strong

I'm super

Super Choosy!

(Chorus)

Choosy!

Superhero of Healthy Habits!

5 | Choosy Loves Animals

Choosy makes a lot
of choices every day.
Today he wants
to choose a pet.
Let's help him!

(Chorus)
Choosy loves animals
he wants a pet
but he can't decide
no, not yet.
Choosy loves animals
he wants a pet
but he can't decide
no, not yet.

Choosy likes dogs
and they sound like this
Choosy likes dogs
and they move like this

Choosy likes birds
and they sound like this
Choosy likes birds
and they move like this

Choosy likes bees
and they sound like this
Choosy likes bees
and they move like this

Choosy likes cats
and they sound like this
Choosy likes cats
and they move like this

Choosy likes them all
and they sound like this
Choosy likes them all
and they move like this

Come on sing with me!

(Chorus)

Choosy can't decide.
Which one would you pick?

6 | Sugar Monster

(Chorus)

Sugar Monster
He's sweet he's big
and he's wide
he makes kids tired
and sick inside
the Sugar Monster
the Sugar Monster
Sugar Monster
Sugar Monster
But Choosy says no
not me not you
here comes Choosy
to a friend's rescue
from Sugar Monster
the Sugar Monster
Sugar monster

C'mon Choosy

we need your super powers
to help find the Sugar Monster
and rescue our friends
before they get sick
or get cavities

Look over there
It's a rock wall
let's climb the rocks

Now there is tall grass
let's march through the grass
with our knees up high

At the end of the grass
there's a fence!
Let's squat down
and see if we can go
under the fence

Look over there it's a river!
Let's swim across

Now let's get out of the river
by jumping from rock to rock

Sh-h-h-h, I see a cave
I think the monster
is in there with our friends
Let's tip toe into the cave quietly
don't worry, we have Choosy

(Chorus)

Oh no! The monster sees us
and wants to make us eat
and drink sugar. Let's rescue our
friends and go back!!! Hurry!

Tip toe out of the cave
Jump from rock to rock at the water
It's getting deep, we need to swim
Let's squat down and
go under the fence
and now the tall grass
march fast, knees up high

Climb up the wall
return to your safe spot
Whew!!! We did it!
No sign of that
Sugar Monster here

(Chorus)

7 | My Friend The Dentist

(Chorus)

My friend the dentist
is a friend of Choosy too
My friend the dentist
tells me just what I should do
Well my friend the dentist
says that Choosy does this too

Step back
now watch me now
Come on!

Wash your hands (come on)
Come on and brush your teeth
(2 times each day for 2 minutes)
Go to the doctor
(another friend of Choosy)
And cover your cough
Get your check-ups
(2 times each year)
That's right!
Eat your fruits and veggies
Move and play every day
(this is fun!)
Show your Choosy smile
Come on and sing it with me
One more time

(Chorus)

SMILE!!!

8 | Clean Up

Choosy says it's time for all
Choosy Kids to clean up
your things and put them
back where they belong.

Did you know that your
toys and clothes have a
home just like you do?
Well, it's time for your
things to go back home!

Clean up, clean up!
Clean up, clean up!
Clean up, clean up!
Go back home!

My toys are fun to
play with every day
If I'm a Choosy kid
I'm gonna put them away

Clean up, clean up!
Clean up, clean up!

My clothes are mine and
I wear them every day
If I'm a Choosy kid
I'm gonna put them away

Clean up, clean up!
Clean up, clean up!

My friends are mine and
we play every day
If I'm a Choosy kid
I'll help them clean today

Clean up, clean up!
Clean up, clean up!
Clean up, clean up!
Clean up, clean up!
Go back home!

Thanks for cleaning up today
Choosy Kids are very good helpers!

(Chorus)

Choosy says, circles are round and we can make all kinds. Let's make circles using our bodies and minds

Let's make a big circle with both arms above your head. Choosy thinks that looks like a big sun above your head!

Now, make two small circles with your thumbs and first finger. Now can you put your circles up to your eyes like glasses? That's Awesome!

Make one big circle in front of your chest. What's that Choosy? Choosy says you look like you are hugging a tree!

(Chorus)

Arms stretched out to the side,
Let's make arm circles forward
Arms stretched out to the side still,
Let's make arm circles backward

Now draw circles in the air with your pointer finger on each hand. Can you draw one circle high and the other one low?

Choosy says put your hands together and draw a great big circle in front of you. Woah! That's a big circle! Can you draw the big circle in the other direction?

(Chorus)

That was fun! Choosy says, give yourself a round of applause!

10 | Jump With 2 Hop With 1

Choosy says,
let's Jump with two feet
and hop with one foot

(Chorus)

Everybody say jump (jump)
with (with) two (two)
because it's easy (easy)
to (to) do (do). Everybody say
hop (hop) with (with) one (one)
because it's fun (fun) fun (fun) fun

Let me see it now
Jump jump jump
jump forward
now jump backward
jump your feet apart
jump up high
now tiny jumps
come on now

(Chorus)

Let me see it now
hop hop hop
hop forward
hop on your other foot
now hop backward
hop up high
and now tiny hops

(Chorus)

11 | Let's Make A Salad 1

(Chorus)

Let's make a salad
and toss and toss and toss
let's add some veggies
some nuts and fruit too.

Let's make a salad
it cleans my teeth and
then it makes me healthy
so I can play with you

Let's pick some beans
let's dig some beets
let's pick some beans
let's dig some beets

Let's cut the broccoli
let's slice tomatoes
let's cut the broccoli
let's slice tomatoes

Now sing,

(Chorus)

Now, let's pull some carrots
let's chop some mushrooms
let's pull some carrots
let's chop some mushrooms

Let's pick the cucumbers
let's slice some peppers
let's pick the cucumbers
now, let's slice some peppers

Now sing,

(Chorus)

Yum!

That's good!

12 | My Teeth Need Brushed

Choosy says,
brush your teeth two times
a day for two minutes!
Come on!

(Chorus)

My teeth get dirty when
I eat all day. So my teeth
need brushed in a special
way. Have I brushed
enough? Is it time to go?
Are my teeth clean yet?

No no no!

I brush round and round
I brush up and down
I brush round and round
and round. I brush up and
down and all around

Don't stop!

It's not two minutes yet!

My smile needs veggies
Sometime they're chopped
Sometimes they're pulled
from the ground
Sometimes they're tossed

Keep brushing!
It's not time yet!

My smile needs fruit
Sometimes they're picked
Sometimes they're peeled
Some get planted in the ground

It's not two minutes yet!

My smile needs water
It gives my teeth a bath
It gives my teeth a bath
It gives my teeth a bath!

Keep brushing!
You're almost finished!

(Chorus)

Yes! Yes! Yes!

Good for you!
You brushed for two minutes!
Your smile says thank you so much!!

13 | Opposites

(Chorus)

Opposites are fun but
there not the same let's
practice opp opp opposites
by playing this game

High and low are
not the same they're
opp opp opposites (x2)

Now show me high
Now show me low

Forward and backward
are not the same they're
opp opp opposites (x2)

Now show me forward
Now show me backward

Up and down are
not the same they're
opp opp opposites (x2)

Now show me up
Now show me down

Fast and slow are
not the same they're
opp opp opposites (x2)

Now show me fast
Now show me slow

Together and apart are
not the same they're
opp opp opposites (x2)

Now show me together
Now show me apart

(Chorus)

14 | Boss Of My Tummy 2

Cause I'm the boss (x3)

(Chorus)

I'm the boss of my tummy

I tell it what to eat

all the fruits and veggies

are my favorite treats

that's how I eat

that's how I drink

that's how I snack

cause I'm the boss

I'm the boss of my tummy

I tell it what to eat

all the fruits and veggies

are my favorite treats

that's how I eat

that's how I drink

that's how I snack

cause I'm the boss

Now Chill...

I like fruit

Pick the Apple (x3)

I like veggies

Chop the broccoli (x3)

I like water

Drink it up (x3)

And then I hug myself

(Awwwww)

(Chorus)

Now Chill...

I like fruit

Peel the banana (x3)

I like veggies

Cut the carrot (x3)

I like water

Drink it up (x3)

And then I hug myself

(Awwwww)

(Chorus)

15 | Choosy Loves Animals 2

Choosy makes a lot
of choices every day.
Today he wants
to choose a pet.
Let's help him!

(Chorus)
Choosy loves animals
he wants a pet
but he can't decide
no, not yet.
Choosy loves animals
he wants a pet
but he can't decide
no, not yet.

Choosy likes ducks
and they sound like this
Choosy likes ducks
and they move like this

Choosy likes horses
and they sound like this
Choosy likes horses
and they move like this

Choosy likes chickens
and they sound like this
Choosy likes chickens
and they move like this

Choosy likes frogs
and they sound like this
Choosy likes frogs
and they move like this

Choosy likes them all
and they sound like this
Choosy likes them all
and they move like this

Come on sing with me!

(Chorus)

Choosy can't decide.
Which one would you pick?

16 | My Friend The Doctor

(Chorus)

My friend the doctor
is a friend of Choosy too
Well my friend the doctor
tells me just what I should do
My friend the doctor says
that Choosy does this too

Step back
now watch me now
Come on!

Wash your hands
Come on!
Come on and brush your teeth
(2 times each day for 2 minutes)
Go to the dentist
(another friend of Choosy)
And cover your cough
Get your well-child check-ups
(to keep you healthy)
Eat your fruits and veggies
Move and play every day
(this is fun!)
Now show your Choosy “C”
Come on and sing it with me
One more time

(Chorus)

Flex your muscles!

SUPER CHOOSY

HERO OF HEALTHY HABITS

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- 4 Super Choosy
- 5 Choosy Loves Animals (Version 1)
- 6 Sugar Monster
- 7 My Friend The Dentist
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- 9 Circles
- 10 Jump With 2, Hop With 1
- 11 Let's Make A Salad
- 12 My Teeth Need Brushed
- 13 Opposites
- 14 Boss Of My Tummy (Version 2)
- 15 Choosy Loves Animals (Version 2)
- 16 My Friend The Doctor

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