

THIS IS MY BODY



Songs to celebrate bodies and help keep them healthy

1 | Crave My F.A.V.

Something I crave means something I like. It means I think about it every day and night. Right now all I'm thinking about is my F.A.V. My F.A.V., that's right and I'll tell you what it means.

(Chorus)

Woo Hoo, the F is for the fruits and woo Hoo, the V is for the vegetables.

When I crave my F.A.V.
my heart feels better.

When I crave my F.A.V.
my bones get stronger.

When I crave my F.A.V.
my muscles get bigger.

When I crave my F.A.V.
my legs jump higher.

Alright, this time I want everybody in the room to sing about their F.A.V. Their F.A.V. Fruits and Vegetables! Okay? Here we go...

(Chorus)

When I crave my F.A.V.
my heart feels better.

When I crave my F.A.V.
my bones get stronger.

When I crave my F.A.V.
my muscles get bigger.

When I crave my F.A.V.
my legs jump higher.

Yeah!

2 | Stir The Soup 1

Let's make a healthy soup
out of yummy colors.

When I say yellow is, you
say yummy. Yellow is...
Yellow is... (x2)

Now peel your yellow
bananas. Peel your
yellow corn. Peel your
yellow apples. Choosy's
in the kitchen getting
things warm, yeah!

(Chorus)

Now throw it in the pot
and stir the soup. Stir the
soup. Stir the soup (x2)

When I say green is you
say great. Green is...
Green is... (x2)

Now chop your green
broccoli. Chop your
green spinach. Chop
your green pears. This
will taste so good when
we are finished Uh huh!

(Chorus)

When I say red really
you say rocks. Red really...
Red really... (x2)

Now pick your red cherries.
Pick your red beets.
Pick your red tomatoes.

The healthy soup is ready
to eat mmm mmm!

(Chorus) (X2)

3 | Stir The Soup 2

Let's make a healthy soup
out of yummy colors.

When I say orange is you
say ok. Orange is...
Orange is... (x2)

Now peel your orange
peaches. Peel your
orange carrots. Peel your
orange mangos. This will
taste so good. I can't wait
to share it! Uh huh

(Chorus)

Now throw it in the pot
and stir the soup. Stir the
soup. Stir the soup (x2)

When I say white you say
wow. White... White...(x2)

Now chop your white
cauliflower. Chop your
white potatoes. Chop
your white mushrooms.
It's all smelling good you
know I can't wait so

(Chorus)

When I say purple is you
say power. Purple is...
Purple is... (x2)

Now pick your purple berries.
Pick your purple grapes.
Pick your purple cabbage.

Now take your first bite
doesn't that taste great?
Uh huh!

(Chorus) (X2)

4 | March

All right Choosy Kids
It's time for the colorful
and exciting Choosy Kids
Club Parade. Now when
you hear the whistle, I
want you to pretend to
play your favorite
instrument and march
all around the room
without bumping into
each other.

Is everybody ready?
Let's try it!
1-2-Ready-March

(Music Plays)

Well that was cool!

(Music Plays)

This is Fun!

(Music Plays)

And stop!

OK, now Choosy is
going to lead the parade.

You're going to have to
listen carefully to what
Choosy tells you to do.
And remember, make sure
you are not bumping into
anyone and you march
only into open spaces.

OK everyone, listen
carefully, here we go!

1-2-Ready Forward

(Music Plays)

Backward

And forward, Slow turn

Backward

March in place

And forward, Slow turn

Forward

Backward

March in place

1-2 and stop!

Great Job Everybody!

5 | Gallop

Well, Howdy there Choosy Partners and welcome to the Choosy Kids Farm. Choosy invited you all here today so you could learn how to gallop. A lot like those horses over there you are going to start by playing a little foot game. It's called step chase and here's how it works:

You step with one foot and chase it with the next. Now let me see you try your best!
1-2- here we go.
Step, Chase (x15) Step

Now you are going to do step chase just a little bit faster, so that you're galloping and remember Choosy Kids don't bump into anyone and they only gallop into open spaces.

You've learned to gallop with the greatest of ease. I think you're ready to pick up the speed. So, won't you join me all you Choosy friends and let me see you step chase over and over again?
1-2 Ready go.
Step, Chase (x31)

And Freeze!

6 | Slide

Hey, Choosy Kids. Let's play a foot game called step, chase to help us practice sliding. Now everyone point to one side to help you remember which way to go.

Step, Chase (x15)
And Freeze!

I hope you're ready to step and chase. Now everybody try it sideways!

1-2- Ready, Go!
Step, chase. Step, chase.
Step, chase. And Freeze!

Point to the other side.
1-2 Ready, Go!
Step, chase. Step, chase.
Step, chase. And Freeze!

Well, now that you've got it, we are going to step and chase all over the room. Now, remember Choosy Kids, don't bump into anyone and they only slide into open spaces.

Now everyone point to one side. 1-2-Ready-Go!

7 | Sign And Move

(Chorus)

Sign and move, sign and move
everybody sign and move (x2)

Now when I say A, B, C
I want everyone to jump
in place. Here we go
A, B, C...

Jump, jump, jump (x2)

Now on the count of three
we're going to hop in place
1, 2, 3...
Hop, hop, hop (x2)

(Chorus)

Now when I say "Choosy snacks"
you're going to run in place
Let's try it
Choosy snacks...
Run, Run, Run (x2)

Good Job!

When I say body, heart, mind
this time you're going to
shake your whole body.
body, heart, mind...
Shake, shake, shake (x2)

(Chorus)

8 | It's Your Birthday

Another year down
another year goes by.
You're just a little bit
older just a bit more
wise. So let's celebrate
come on throw your
hands up! A year of smart
choices in the Choosy Club!

And show your C's if you're
down with me because
that's the way to go.
Yeah, that's the way to be!

Today I am going to kick it
with my Choosy friends.
In another 365 we'll do it again (x4)

It's your Birthday!
Let's have a party!
Let's do it your way!
Because you're the one
we're here for (x2)

In another 365 we'll do it again!

It's your Birthday!
Let's have a party!
Let's do it your way!
Because you're the one
we're here for (x2)

9 | Celebrate Rap

CKC Choosy Kids Club
Let's celebrate and dance
around to this sound of a
generation. Give me give
me lots of space let me
break it down. I'm going
to tell it to your face and
all over my town!

How could I not be
respectful of my body?
You got me. Exercising
is my hobby and I'll be
eating right so just you
watch me Choosy's
always by my side so
everybody party!

Come on let's celebrate!
A lifetime of feeling great!
And live it up the Choosy way!
And live it up the Choosy way! (x2)

Is everybody ready, ready
to get crazy? I want to hear
you say yes. Don't want to
hear maybe baby!

And this is what I'm choosing
to eat the right foods and

keep my body moving.
Grooving put my hands
down to my shoes and
you can join me if you
choose. And it's cool then
if you want to party with
the CKC.

This is how we play see!

Come on let's celebrate!
A lifetime of feeling great!
And live it up the Choosy way!
And live it up the Choosy way! (x3)

10 | This Is My Body

(Chorus)

This is my body.

I'm going to treat it right.

My bones and muscles

my heart and my mind.

This is my body. It's mine

all mine. My arms and my

legs my ears and my eyes.

(Alright, now)

Jump your feet forward.

Jump your feet back (x2)

Put your hands together

Put your hands apart (x2)

Now sing,

(Chorus)

(Alright, now)

Shake your hands in front

of you. Shake your hands

behind you (x2)

Jump your feet apart

Jump your feet together (x2)

Now sing,

(Chorus)

T | Be Choosy Be Healthy

I'm a healthy eater

I'm a healthy eater

I'm a healthy eater

Everyday

I'm a busy player

I'm a busy player

I'm a busy player

Everyday

Be Choosy Be Healthy

Be Choosy Be Healthy

Be Choosy Be Healthy

Everyday

I'm a Choosy snacker

I'm a Choosy snacker

I'm a Choosy snacker

Everyday

I'm a body shaker

I'm a body shaker

I'm a body shaker

Everyday

Be Choosy Be Healthy

Be Choosy Be Healthy

Be Choosy Be Healthy

Everyday

Everyday, Everyday

12 | Celebrate Feeling Great

Celebrate... Feeling great (x2)

Way to go, way to be
come have a party
with Choosy and me!
You're really awesome
yeah, it's a really cool
thing. Now Choosy
says to dance around
and come on let's sing!

Celebrate... Feeling great (x2)

Way to move, way to
grow. Let's all be healthy
and let it show. This joint
is rocking yeah, it's a really
cool thing. Now Choosy
says to dance around
and come on let's sing!

Celebrate... Feeling great (x4)

1. Crave My F.A.V.
2. Stir the Soup 1
3. Stir the Soup 2
4. March
5. Gallop
6. Slide
7. Sign and Move
8. It's Your Birthday
9. Celebrate Rap
10. This is My Body
11. Be Choosy Be Healthy
12. Celebrate Feeling Great



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Executive Producer: Choosy Kids
Music and Vocals: Scott Simons

Lyrics: Linda Carson, Kerry McKenzie, Scott Simons
Recorded and Produced by: J. Timothy Rhodes, Prizm Media Group

Graphics: Marianne Jenkins
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