

Let's Keep Safety Roo-Teen

Let's keep safety Roo -Teen
If someone's hurting you, make a scene
You can't see thoughts in someone's head
Remember what Miss Pati said. Its important for you to tell
A doctor has medicine to make them well.
You Run - Yell - Touch - Tell (2x)
Let's keep safety Roo-Teen
We'll practice another scene. You must know what to do
If fire gets on you. If the house is on fire, you just go
If it gets on you, you must know
You Stop - Drop - Roll - Go!
Stop, drop, roll, go (2X)
Let's keep safety Roo-Teen
We'll practice one more scene
When you get lost, you feel scared
You might think you're unprepared
No matter where you are, you'll be found
Just take a deep breath and look around.
You Look - Use your mind - Ask - You'll find
Look, use your mind, ask, you'll find.

If You Can Reach out and Touch

Many people are friendly.They say "Hi. What's your name?"
They act as if they know you
But, they're strangers just the same
Never talk to strangers. Yet strangers talk to you
This makes it confusing So here's what you do
If you can reach out and touch your mommy
If you can reach and touch your daddy, too
If you can reach and touch the adult you're with
You can answer when a stranger talks to you
You could be out to dinner or in a checkout line
Strangers just walk up to children. They think that is fine
They give you a great big smile. You don't know what to say
You're not sure what to do. So here's when its okay

Sea Life Shuffle

Take your feet and move 'em around
That's the shuffle, the sea life shuffle
Your feet will make a swishing sound
That's the shuffle, the sea life shuffle
For sea life to stay away from you
The sea life shuffle is the thing to do
Uh huh huh, move your feet around
Uh huh huh make a swishing sound
The sea critters won't come near your feet
When they feel that shuffling beat
Crabs, stingrays and jellyfish
Won't go near your feet if they swish
Sea creatures don't understand
When they see feet in the sand
The bay or ocean is where they stay
Just move your feet and they'll swim away

Choices

I have choices, choices. Choices of what I want to do
I have choices, choices And so do you
I can choose what shoes to wear- Blue or red
I can choose to take my nap- On the floor or in my bed
I can choose to laugh; I can choose to cry
Its up to me because I....
I have the power to make a choice
I'm in control of my own voice
I choose what I have to say. I make choices every day!

Alligator Jaws

Big alligator jaws go snap, snap, snap (2X)
His tail in back goes slap, slap, slap (2X)
The alligator crawls around on the ground
He's usually green, but sometimes white or brown
To move he makes his belly drag
If he comes after you, better run zig-zag
The alligator has beady eyes.He can be small or large in size
If you see one, don't give him food
That's being safe; its not being rude!

Recycling Blues

If you don't recycle baby,
You know you're gonna give me the blues (2X)
You gotta buy products you know you can reuse.
Everybody I know uses 5 lbs of garbage each day
It's better to recycle than just throw it away
Reduce, reuse, recycle and really recycle
Come on everybody. Your own weight you must pull!
Come on baby. Take a walk down eco street!
Being economical and ecological is sweet!

No Butts Tango

When someone asks you to smoke
Say "No thank you. Don't want to choke"
It could kill you. This is no joke
No butts about it, please don't smoke
Smoke goes out into the air
Hurts lungs of people everywhere
About your body you should care
No butts about it, please don't smoke
It makes your mouth taste awful
Gives breath a very bad smell
It makes your teeth turn yellow\
It turns your lungs black as well
So when someone says smoking's cool
Remember lungs are a breathing tool
Keep in mind this healthy rule
No butts about it; please don't smoke

It's Ok to Tell

When you might get hurt - It's ok to tell
If someone's hurting you - it's ok to tell
If others may be hurt - it's ok to tell. So Tell!

If you know something's wrong - it's ok to tell
If it doesn't feel right - it's ok to tell
When you can help a friend -
It's ok to tell, so tell!
Things are not always black and white
Just tell an adult they'll try to make it right

Trust yourself when you think it's ok to tell
Your parents want you to know it's ok to tell
To protect yourself & friends, it's ok to tell, so tell!
It's ok to tell!

Tell the Truth

Tell the truth. It's right to do.
Tell the truth. Always speak true.
Tell the truth. You always should.
Tell the truth. You'll feel good.
If you've done something which you know is wrong
Someone will find out before too long
When they ask "Are you to blame?"
Just say "Yes." To lie is lame.
Lies are hurtful They cause people pain
When you lie you have nothing to gain
When you're truthful people understand
You made a mistake It wasn't planned.
One time, I told a lie. It made my stomach queasy
I couldn't sleep that night Lying isn't easy!
I didn't like that feeling I wish I hadn't lied
I went and told the truth I felt better inside!

Body, Heart and Mind

Help your body to move. Teach your heart about love
Get your mind to think
Body, heart and mind is what you're made of
Take care of your body. That's just common sense
Eat right and exercise. It's your best defense
Your heart is where the love is. It keeps you aware
Of how you feel about others. It tells you when you care
Your mind collects the data. Stores things you need to know
Facts for math and reading. It adds more as you grow.

Field Trip

Field trip, field trip
Leave for the day. It's fun to go away Field Trip, field trip
The first thing an adult will do is assign a chaperone to you
This person may take you in their car
Or you may walk if it's not too far
Field trip.....Field trip
Sometimes a bus may take a group
Like a baseball team or scout troop

Buckle up if you take a ride
And if you walk, stay side by side. On a field trip, field trip.
On a field trip, from beginning to end
Stay with your group; stick with your friend.
If you need a bathroom take an adult along
Learn where to get help if something goes wrong
If you get lost something you should know
Is a meeting place where you can go
Field trip.....Field trip
Your name on items should never show
Or you can be called by someone you don't know
Use your manners; Make sure you act polite
Show respect for yourself. Always do what's right

9 1 1

9 1 1 . May I help you? I hope so.
Ok. What's your name? What's the problem?
Someone's hurt. Can you help me?
When someone's hurt, pick up the phone push 9 1 1
For emergencies, push 9 1 1.
Never push those numbers for fun.

Halloween

Halloween, Halloween
Wear costumes and pretend. Trick or treat with a friend
Before going out, eat right. Carry a flashlight,
On Halloween.....
You pick out a costume. Make sure it fits right
Don't want it to fit loose. Don't want it too tight
Make sure your nose can breathe
Make sure your eyes can see
Your costume should be safe. No matter who you'll be
On Halloween....
You can slither, You can fly. You can sneak, or just walk by
On Halloween.....
Watch out for animals. It's your treats in the bag they smell
Go to houses with lights. They're home. Ring the bell
Say "Trick or Treat". Stay outside the door
Be polite. Say "Thank you"
Then head off to get some more On....

Peer Pressure

Sometimes your friends may be playing around
You look and think its lame
You know its something you wouldn't do
But they want you to just the same
They try to convince you; they say "Come on"
They want you to give it a try
They say you have to; it will be fun
But you can't understand why
He's doing it; She's doing it They're all doing it but you
Peer pressure; Peer pressure. Whatcha gonna do?
Say "No!" Use a strong voice. Say "No!" Make a good choice!
Different things come into style
You think you need to have it today
After everyone has come along. That fad goes away.
Its all the same hair; all the same clothes
Its all the same songs they sing
I'm here to say what's really cool. Is doing your own thing!

Surf the Net

There's a computer in our home
My parents let me use it alone
We talked about sites I could see
And ones that weren't meant for me
Being on line is really cool. It's an electronic school
Surf the net (surf, surf, surf the net) 2X
My parents taught me rules I don't forget
That's why they let me surf the net
Don't talk with people I don't know
Wouldn't upload a picture to show
There's information I'd never give
Like my phone number or where I live
Being on line is really cool. It's an electronic school
I don't respond if messages seem strange
And a meeting I would never arrange
When things I read sound fun to do
I remember they might not be true
Being on line is really cool. Stay safe. Don't be a fool.

Maerobics

Little or big, there's no doubt. Your body needs to workout
Bring your leg up; Bend your knee
Touch with your elbow, just like me
Do it with me - one and all. This is called the cross crawl!
Stand with your feet spread open wide
Touch your toes. Go side to side.
Your arms keep moving but your feet stay still
This is called the windmill!
Count with me as we twist and bend
Its fun to exercise with a friend
We're going to count from 1 to 8
Let's get going; this will be great.
1 2 3 4 5 6 7 8 One more time.
1 2 3 4 5 6 7 8 Double time. Backwards.
8 7 6 5 4 3 2 1. Boy this was really fun!

We Can Change Things

Listen my child; I've a tale to tell
It 's a lesson you need to learn well
It's about helping others who differ from you
It's about good things people can do
A man named Hitler, sent Jews away
And Japanese were kept in camps after Pearl Harbor day
Africans were sold as slaves and taken from their land
How can people be treated like this? I don't understand.
We can change things so it can happen again
Accept one another; Learn to be a friend
We can help others and they can change, too
It's easy if you learn it begins with you.

Some people walk with crutches,
Some move in a chair
There are people who are blind
And people who can't hear
People often turn away
And treat them differently
Our hearts and minds all work the same
Let's change things you and me.
Take a first step. It begins with you.