

### Change it!

Change the first letter in the rhyme.

The word will change every time.

A T's the first rhyme we'll do.

The first first letter is C for you. C A T Cat!

Change it. F f-a-t Fat! Change it! R r-a-t rat!

Change it M m-a-t Mat

Change the first letter in the rhyme.

The word will change every time.

I N G's the next rhyme we'll do.

The first letter is S for you.

S I N G Sing! Change it D, Z, R

ET's the next rhyme to do.

The first letter is G for you. G E T get! L,B, P

O K E's the next rhyme we'll do.

The first letter is J for you J O K E Joke.

Change it! P, W, Y Change it!

### Pledge of Allegiance

I pledge allegiance to the flag of the United States of America and to the Republic for which it stands, one nation, under God, indivisible with liberty and justice for all.

### We Will Spell Our Number Words

We will spell our number words, our number words. We will spell our number words today  
3 is o n e; 2 is t w o; 3 T H R E E; 4 is F O U R;  
5 F I V E; 6 is S I X; 7 S E V E N; 8 is E I G H T  
9 N I N E; 10 is T E N; 11 E L E V E N;  
12 T W E L V E

We can spell our number words

We can spell our number words. Hurrah!

### Teens to Twenty

Go go. Go go. Go go!

Spell your number words from the teens to 20.

There are eight of them and that is plenty

13 T h i r t e e n; 14 F o u r t e e n

15 F i f t e e n; 16 S i x t e e n;

17 S e v e n t e e n; 18 E i g h t e e n

19 N i n e t e e n; 20 T w e n t y

### Scales, Feathers or Fur

Scales, feathers or fur. (2x)

Each animal has one of these.

Will you tell me, if I ask you, please

If the animal I name has scales feathers or fur

Stand up tall, like a bear.

Wave your hairy paws in the air

I'm covered with this; so is his mate.

It keeps us warm when we hibernate Fur

Flap your arms like a bird for me.

Now set yourself down in a tree

These help a bird so I can fly.

They help me soar in the sky Feathers

Can you make a fishy face?

Move like a fish in your place

These are shiny and slippery too.

Fish move quickly; they really do. Scales

What about you? You're an animal you know.

Hair on your skin does grow

Your hair is not a feather and it's not a fin.

What should we call that hair you're in? Fur

### Stomp For Each Number

Stomp for each number. (2x)

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

Now get a partner or clap by yourself.

Tap for each number. Last time, you decide.

### **Food Group Fun**

Food group fun has just begun.  
Listen to what you do for each one.  
For a grain, snap; for dairy, clap. For fruit,  
stomp the ground; for veggies, turn around.  
And if a protein is said,  
Look real cool and nod your head. Yeah!  
Rye bread, grain, snap; Milk, dairy, clap;  
Orange, fruit, stomp the ground; Broccoli,  
veggie, turn around. Fish a protein nod your  
head.  
Now grab a sweet but not too much I said.  
Lettuce, veggie, turn around; cherry, fruit,  
stomp the ground; cheese, dairy, clap; Oatmeal,  
grain, snap; tofu, a protein, nod your head.  
Now grab a sweet but not too much I said.

### **Directions**

I like to go out, out & about.  
I like to be on the go  
North & South; East & West  
Are directions to know.  
First jump east and then jump west.  
Back and forth you will go.  
You can jump yourself real fast  
Or jump yourself really slow.  
I can jump north. I can jump south.  
I can jump east or west.  
I can jump once; I can jump twice.  
I'll jump my very best.  
When facing North, the East is on my right.  
To my left is the West  
Turn around and face the South.  
Hop to the one you like the best.  
I can hop north. I can hop south.  
I can hop east or west.

I can hop once. I can hop twice.  
I'll hop my very best.  
Step between North & East, that's Northeast.  
Step between East & South,  
Now that's Southeast.  
Step between South and West;  
You're in the SW  
Step between West and North,  
You're in the great North West  
Run, run while facing North.  
Turn right and to the East you'll run.  
Keep running til you've reached South.  
Then onto West. Back to North. You're done.

### **Blending Colors with Your Feet**

Put your left foot in yellow.  
Put your right foot in blue.  
Jump get both feet in green coz  
When they mix, that's what they do.  
Blending colors w/your feet;  
You know it's really neat  
Put your left foot in blue.  
Put your right foot in red  
Jump get both feet in Purple.  
That's how they mix, so nod your head  
Blending colors w/your feet;  
You know it's really neat  
Put your left foot in red;  
Put your right foot in yellow  
Jump get both feet in orange;  
Now, dance you happy gal or fellow!  
Blending colors w/your feet;  
You know it's really neat  
Put your left foot in red;  
Put your right foot in white  
Jump get both feet in pink.

Clap your hands. You know that's right.  
Put your left foot in orange;  
Put your right foot in blue  
Jump get both feet in brown.  
Do that thing you do  
Blending colors w/your feet;  
You know it's really neat  
Put your left foot in \_  
Put your right foot in \_  
Now get both feet in \_.  
When they mix you get \_.  
Blending colors w/your feet;  
You know it's really neat

### Dance for the food groups

Dance for the food groups  
For a grain, do the monkey;  
Move your arms up and down  
For veggies do the twist;  
Twist your self around  
For fruit, do the slide. Slide your feet.  
For dairy, do the cha cha.  
Feel the cha cha beat  
For protein, do the pogo. Bounce your body.  
For oils & sweets lean with it, then rock w/me.  
Bran muffin, Milk, Chicken, Carrot, Peach,  
Lollipop, Kiwi, Tuna, Corn flakes, Spinach,  
Mayonnaise, Swiss cheese.  
Dance for the food groups. Dance!

### Eat. Then Exercise

Eat, then exercise.  
Start this routine the moment you rise.  
Stretch to start your day. Stretch.  
Stretch the sleep away. *Eat, then exercise.*  
*Start this routine the moment you rise.*

When it's time for your day to start.  
Eat, then exercise for a strong heart.  
Breakfast is your very first meal.  
It will effect how you feel.  
Have a grain like oatmeal; Add milk for dairy,  
too; fruit, a banana; Protein? An egg will do;  
To add a veggie, have mushrooms,  
Broccoli or zucchini. *Eat, then exercise.*  
*Start this routine the moment you rise.*  
Lunch, a salad is good to eat.  
Lettuce for vegetables; Ham for meat.  
Dressing, an oil or keep it plain; Cheese. Dairy;  
crackers multi-grain  
Now go outside. Shoot some hoops; kick a ball.  
Go for a walk in the mall. *Eat, then exercise.*  
*Start this routine the moment you rise.*  
A busy day works up an appetite.  
When eating dinner, be sure to eat right.  
Have a meat or protein. Juice to drink.  
A piece of bread. Butter on your potato  
Or use sour cream instead.  
Veggies make your meal complete.  
Have a dessert. Add a sweet.  
*Eat, then exercise.*  
*Start this routine the moment you rise.*  
After dinner, help your body to relax.  
Keep it light on your snacks.  
Frozen yogurt, some grapes or drink tea.  
A glass of milk with an oatmeal cookie  
Yoga's great to end your day.  
Get into a pose. Say "Namaste".

### Step Into It

Step into it. Step into it.

Make a meal that uses each food group,

Pizza, tacos, or avgolemono Greek Soup.

Step into it.

Pizza, Crust, grain; Tomatoes, fruit;

Mozzarella, cheese, dairy;

Mushrooms, vegetables.

Add any meat, make it lean.

You've added protein.

Tacos, Shell, grain; ground beef, protein;

lettuce and onions, vegetables;

Cheddar cheese, dairy

Tomato, a fruit, not a veggie you know.

You've got a taco ready to go. Step into it.

Avgolemono soup, Milk, dairy; Eggs, protein;

Rice, grain; Parsley, vegetables. Add lemon, a

fruit, but not a lot.

Eat it while it's nice and hot. Step into it.

### Walk. Jog. Run

Walk. Jog. Run.

For different foods, do a different one

If you can eat all you want, walk.

If you can eat quite a bit, jog

If you can only have a small portion, then run it

off. Veggie, walk; chocolate, run; yogurt, jog;

pasta, run; Chicken, jog; Celery, walk; bran

muffin, run; Smoothie, jog; Hamburger, run;

grapes, walk; Cheese, jog; carrots, walk; Ice

cream, run; watermelon, walk; peanut butter,

jog; Walk. Jog. Run

### Shapes Make Letters - Part 1

Shapes make letters; Yes they do.

If I can draw shapes, I can make letters, too.

I can make straight lines that go up and down.

I can make straight lines slant this way or that

I can make straight lines that go across.

Let's find the letters where the straight lines are at.

A - 3 straight lines - slant up right, slant down right, one across in the middle; That's A

E - 4 straight lines - one down then at the top, on the right, one long across, short across in the middle, long across at the bottom; That's E

F - 3 straight lines - one down then at the top, on the right one long across, short across in the middle; That's F

H - 3 Straight lines, two down, one across in the middle; That's H

I - Is one straight line down

K - 3 straight lines - one down, on the right, in the middle slant up; in the middle slant down; That's K

L - 2 straight lines - one down, one across on the bottom, on the right; That's L

M - 4 straight lines - Straight line down, at the top slant down right, slant up right, straight line down; That's M

N - 3 straight lines - one straight down, at the top, slant down right, one straight up; That's N

T - 2 straight lines - one down, one across on the top; That's T

V - 2 straight lines - slant down right, slant up right; That's V

W - 4 straight lines - slant down right, slant up right, slant down right, slant up right; That's W

X - 2 straight lines - slant down right, top right slant down left through the middle; That's X  
Y - 2 straight lines - slant down left, right slant down on the left to the middle; That's Y  
Z - 3 straight lines - across at the top, slant down left, across at the bottom, to the right; That's Z  
Shapes make letters; Yes they do.  
If I can draw shapes, I can make letters, too.

### Shapes Make Letters - Part 2

Some letters use lines and circles, you know.  
Let's make those letters; here we go.  
Make half a circle with me.  
Keep it open on the right side; you just made C.  
Draw a line down; that's easy. Put two half circles on the right top and bottom; That's B.  
Make a straight line with a half circle on the top right you see. That is how you make the letter P.  
Draw a line down; that's easy.  
Draw a half circle on the right; That's a D  
For G make a circle, but not all the way.  
Put a little line across where you stop. OK?  
For J draw a line down, curve up left and stop, Then, make a line across the top.  
For Q, make a circle, but not too wide.  
Make a little line out the bottom right side.  
R's a straight line down, half circle on right top.  
Slant line down from the half circle. Then, stop.  
Curve to the left then to the right and to the left & you will make the letter S that looks like a snake.  
What about O? It's a circle you know.

Start at the top and around you go.  
U is like an oval without a top. Go down, curve right, go up and stop.

### Spelling Colors

Can you spell the color red?  
Yes. I can spell Red.  
R E D - Red. R E D spells Red  
Can you spell the color Blue?  
Yes. I can spell Blue. B L U E - Blue.  
B L U E spells Blue  
Can you spell the color Black? Yes. I can spell Black. B L A C K - Black. B L A C K spells black  
Can you spell the color Green? Yes. I can spell Green. G R E E N - Green.  
G R E E N spells green  
Now we will spell yellow (2x) Y E L L O W  
Can you spell the color Pink?  
Yes. I can spell Pink.  
P I N K - Pink. P I N K spells Pink.

### Find the One That I Don't Say

Let's name the food groups and stomp our feet.  
Fruit, Dairy, Vegetables, Bread, Meat.  
Now let's make one go away.  
Find the one that I don't say.  
Fruit, \_\_\_\_\_, Vegetables, Bread, Meat. Dairy.  
Fruit, Dairy, Vegetables, \_\_\_\_\_, Meat. Bread.  
\_\_\_\_\_, Dairy, Vegetables, Bread, Meat. Fruit.  
Fruit, Dairy, Vegetables, Bread, \_\_\_\_\_. Meat.  
Fruit, Dairy, \_\_\_\_\_, Bread, Meat. Vegetables.  
Slow it down and say the food group and a food from the group: Dairy, milk; bread, toast; fruit, pear; meat, fish; vegetables, peas. Speed it up.

## Today is Monday 2

Today is Monday. Monday I eat string beans.

String beans are a vegetable.

I swallow them right down. And then I walk.

Today is Tuesday. Tuesday I eat spaghetti.

Spaghetti is a grain. String beans are a vegetable.

I swallow them right down, and then I jog

Today is Wednesday. Wednesday I eat soup.

Soup is meat & vegetables. Spaghetti is a grain,

String beans are a vegetable.

I swallow them right down and then I skate

Today is Thursday. Thursday I eat roast beef.

Roast beef is a meat. Soup is meat and

vegetables. Spaghetti is a grain. String beans

are a vegetable. I swallow them right down.

And then I run.

Today is Friday. Friday I eat fish. Fish is

meat; Roast beef is meat; Soup is meat &

vegetables. Spaghetti is a grain; String beans

are a vegetable;

I swallow them right down. And then I swim.

Today is Saturday. Saturday I eat chung chicken.

That's meat, grain and vegetables.

Fish is meat. Roast beef is meat.

Soup is meat and vegetables. Spaghetti is a

grain. String beans are vegetables.

I swallow them right down and stretch and

bend.

Today is Sunday. Sunday I eat ice cream.

Ice cream's dairy, fruits and sweets. Chung

chung chicken's meat, grain and vegetables.

Fish is meat. Roast beef is meat. Soup is meat

and vegetables. Spaghetti is a grain. String

beans are vegetables.

I swallow them right down. And ride my bike.

## Moving Around the Clock

Moving around the clock (3x) Let's move

Bounce on 1; Jump on 2; We'll spin on 3 and

sway on 4; Bend when we're on 5; Clap when

we're on 6; But bounce when we're on 1. Moving around the clock

Skate over to 7 then hop on 8.; Swim over to 9;

Stretch on 10; Jumping Jacks on 11; Deep knee

bends on 12, but bounce when we're on 1.

Bounce on 1; Jump on 2; We'll spin on 3 and

sway on 4; Bend when we're on 5; Clap when

we're on 6;

But bounce when we're on 1.

Skate, 7; hop, 8; swim, 9; stretch, 10, jump, 11;

Bend, 12; We're done.

## Jump, Jump, Jump 'round the Clock

Jump, Jump, Jump 'round the Clock

If you stand on 1 and jump up 2, you're on 3;

If you stand on 3 and jump up one, you're on 4;

If you stand on 4 and jump up one, you're on 5;

If you stand on 5 and jump up one, you're on 6;

If you stand on 6 and jump back 2, you're on 4;

If you stand on 4 and jump back 1, you're on 3;

If you stand on 3 and jump back 1, you're on 2;

If you stand on 2 and jump back 1, you're on 1.

If you stand on 10 and jump up 2, you're on 12.

Jump, Jump, Jump 'round the Clock

If you stand on 12 and jump back 1, you're on 11;

If you stand on 11 and jump back 2, you're on 9;

If you stand on 9 and jump back 2, you're on 7;

If you stand on 7 and jump back 1, you're on 6.

If you stand on 6 and jump up 2, you're on 8;

If you stand on 8 and jump up 1, you're on 9;

If you stand on 9 and jump up 1, you're on 10;

Now make up some to add and subtract.

Adding's forwards; subtracting's back.

### **My Country 'Tis of Thee**

My country 'tis of thee, sweet land of liberty  
Of thee I sing. Land where my fathers died  
Land of the Pilgrims pride  
From every mountainside let freedom ring.

### **Be A Teacher**

You can change a life. You can touch a heart.  
You can make a difference.  
Now's the time to start  
Be a teacher - with the love that's inside you  
Be a teacher - a rewarding thing to do  
Helping children every day with so much pride,  
You can say, "I'm a teacher." Be a teacher.