

Do The Roo!

Think it through. Do the Roo! Its something we all should do
If there's a problem, you'll be glad you knew
To think it though and do the roo!
Adventures in the Roo World are much like the real world, too
They're different sizes and different colors. Let me tell you about each Roo!
Rhythm Roo says "Be proud of who you are! Good self-esteem will help you go far.
Reader has good habits. She likes to read. Take her advice. Follow her lead.
Runabout says "Safety is Number one!"
When you follow safety rules, you can have fun.
Rapper says with good choices, you'll never go wrong.
Now, join all the Roos and sing their song!

I Put My Helmet On

When I ride my bike, I put my helmet on (2x)
I've got to protect my head I put my helmet on
Every day before I go for a ride. Before I step outside
I remember what I've heard said. I put a helmet on my head (chorus)
A nurse came to our class one day. She had important things to say
She dropped an egg. We saw it crack.
I don't want my head to look like that! (chorus)
Adults have to wear helmets, too. Its a necessary thing to do.
Protect your head to protect your brain. Put that helmet on and don't complain!

Swim, Swim

I like the water, yeah, yeah, yeah. I like a pool, yeah, yeah, yeah
I like to swim, yeah, yeah, yeah. But I am no fool, no, no, no
Before you go swimming, before you go in, you need to take a swimming lesson!
I like the ocean, yeah, yeah, yeah. I like to play in seafoam, yeah, yeah, yeah
I like to catch a wave, yeah, yeah, yeah. But I won't swim alone, no, no, no
Before you go swimming, before you go in, you need to take a swimming lesson!
There's so many rules like walk, don't run.
Get out of the water when the thunder comes.
Use big arms; reach and pull.
Before you put your face in, make sure your lungs are full!

The Car Seat Song

As we were getting ready to go for a ride
"I don't want my car seat," my little child cried
"I'm getting big now." "I want to sit like you!"

To which I must reply, "That simply will not do."
Because your car seat holds you safe. It's like your mommy's arm
It's mom or daddy's helper and keeps you from harm
While you sit in your car seat you can read, or sing, or play
And it's because I love you it has to be that way.
We were getting in the car and you tried to stamp your feet
Calling out "I don't want to sit in a car seat!"
I tell you firmly "In the car seat you must go!"
And It's because I love you so.
Because your car seat holds you safe; It's like your daddy's arm
It's mom or daddy's helper and keeps you from harm
While you sit in your car seat you can read, or sing, or play
And it's because I love you it has to be that way.

Stop, Drop, Roll and Go!

If there's a fire in your house, and some gets on you
You need to take care of yourself; You need to know what to do
You stop, drop, roll and go. Its a life race.
You stop, drop, roll and go to a safe place.
If someone else is in the house, they'll have to get away.
Call to them, "Come out, too!" and remember to say,
Stop, drop, roll and go. Its a life race.
Stop, drop, roll and go to a safe place.
If there's no fire on your body, then you just go.
But if fire gets on you, its important to know.
Stop, drop, roll and go. Its a life race.
Stop, drop, roll and go to a safe place.

Pledge to Lead a Drug-free Life

Taking drugs is not the thing to do
Cause drugs have a way of taking over you
We may be kids, but hear what we say
We pledge to lead a drug-free life today.
When a friend says, "Do you want to get high?"
I tell that friend "Bye, bye"
If someone asks "Do you want to smoke dope?"
I answer "Uh-uh, Nope!"
If someone says "Its a way to be cool!" I say "You're a fool!"
If someone says "Its good pay." I tell him, "Go away!"

Now listen up children while we lay us down some rap
We say if you do drugs you're just a real sap
Don't dis yourself, if you know what I mean
Cause drugs that once were cool, no longer make the scene
You might know older people who don't think drugs are wrong
Believe me you, they won't be here for long
If this world will soon belong to you and me,
We must keep ourselves DRUG FREE!

Manners Matter

Manners matter they really do. Like a mirror they reflect on you
So use your manners everyday while at school and while at play.
When you meet someone, you say "How do you do?"
When you want something you say "Please"
When you get something you say "Thank you"
And cover your mouth when you sneeze
Don't interrupt when someone speaks. For permission ask "May I?"
Don't talk with your mouth full. When talking to someone look them in the eye
Manners matter---

Please Use Words

Please use words. Talk it out. And, I mean talk. So, please don't shout.
When you speak, watch what you say.
And if you can't talk it out, then walk away. There's another day.
I was playing with a friend. We were building with some blocks.
Another kid came over and started throwing rocks.
I said "Stop". He said, "Whatcha gonna do?"
I was angry but remembered these words from you.

My friend and I were riding. I was on my bike.
She started saying things I really didn't like.
I was very hurt by all the things she said
I thought I'd push her down, but these words came in my head.

The markers on the floor really were all mine.
I had them first. I was making a sign. Someone took them from me.
I yelled "Hey, give them back!" I used words, now I'm going to ATTACK! OOPS!

I Don't Need a Gang!

I'm comfortable being me. There's no else I'd rather be
Stay by myself or with friends hang, but I don't need a gang!
I make choices all alone. I'm in an individual zone.
I wear no colors. I speak no slang. I don't need a gang!

Stand by yourself and stand tall
'Cause friends with problems can make you fall
You will be proud you sang I don't need a gang!
Stand by yourself. You'll still have friends
Who stay even when the good time ends
Make your statement a strong harangue. I don't need a gang!

A Gun is Not Your Friend

A gun is not your friend; It can make your life end
Guns with children don't belong. Adults who mix them are totally wrong
A gun is not your friend.

There are things I must say to you. If you find a gun, here's what you do
Tell a grown up what you've found 'cause a shot is more than a loud sound.
Guns hurt people, sometimes they die. Families and friends left behind cry
Don't play with guns in a game. Fake and real guns look the same.
On tv, sometimes people are shot. Cartoons are fake; the news is not
And guns are not a toy. They will kill you, girl or boy
Remember that a gun is not your friend. I will say it again and again.
A gun is not your friend.

Accident Free

Shoo wop, shoo wop, ooh, ooh. Shoo wop, shoo wop, ooh ooh
Shoo wop, shoo wop listen to me and keep your house accident free!
There are places in your house that need safety rules
Like kitchens and bathrooms and outside, for pools
To learn these rules, listen to me and keep your house accident free
Shoo wop, shoo wop etc

On the stove, keep pot handles back. Don't stand on things to reach for a snack
Never touch electrical plugs. Don't go near stuff meant to kill bugs.

Never take medicine on your own. Don't open the door if you're home alone
If a ball rolls away, just let it go. If something's wrong, let mom or dad know

Stranger Danger

Stranger danger, Strangers are people you don't know
Stranger Danger. Strangers are everywhere that you go
Some strangers can be friendly. Some strangers can be mean
They can someone your parents talked to. Someone you might have seen is still a
Stranger Danger etc
Sometimes strangers talk to children. They offer candy or toys
If a stranger does this with you you need to make some noise and yell
Stranger Danger etc
Don't listen to stories about puppies or that your mom has sent for you
Ask if that person knows your secret word if they don't, you know what to do
You don't go with them; you run away. Be sure to let an adult know
Bad strangers can hurt you. Your parents will be glad you didn't go
With the...Stranger Danger

Private Zone

This is my body; You can hold my hand
You can pat me on the head. I would understand
But I will say "Hey, leave me alone!" if you try to touch a private zone.

Mom and dad can touch you to bathe you to keep you clean
Doctors might have to touch you, too. These touches are not mean
Grandparents love you and give you a kiss
Aunts and uncles might give you a squeeze
But they can't touch your private zone even if they say please.
Don't touch my private zone. My body's mine; leave it alone!
If someone touches your private zone, find an adult you trust and tell
For that person needs to get some help. Their brain isn't working well.
Say, "Don't you touch my private zone. My body's mine; leave it alone!
This is my body; You can hold my hand.
You can pat me on the head; I would understand.
But I will say, "Hey, leave me alone!" if you try to touch a private zone.

Out and About

I like to go out, out and about. I like to be on the go
But when I'm out, out and about, there are some things to know
I hold an adult's hand when I cross the street. Cars move faster than little feet
I stop and look from left to right. Make sure no vehicles are in sight
If I get lost I know what to do. A police officer would always help you
A pay person can help in a store. Knowing family names helps even more

Learn your phone number by singing a song
But, don't wander off. That's always wrong
Being lost is scary; you might want to cry
You need to know these facts; you know why
I like to go out, out and about