

Go Bananas!

Don Monopoli

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Form, form, form, the banana.
Peel, peel, peel the banana.
Slice, slice, slice, the banana.
Go, go, go bananas. Go bananas!
Go bananas!

(slowly raise both arms overhead and touch fingertips together)
(slowly lower hands to sides)
(move one hand in repeated slicing motion in front of body)
(do a crazy wiggle dance)

Form, form, form the potato.
Peel, peel, peel the potato.
Slice, slice, slice, the potato.
Mash, mash, mash, the potato.
Now mash!

(slowly raise both arms overhead and touch fingertips together)
(slowly lower hands to sides)
(move one hand in repeated slicing motion in front of body)
(push both hands together repeatedly in mashing motion)
(continue mashing)

Form, form, form the orange.
Peel, peel, peel, the orange.
Slice, slice, slice the orange.
Squeeze, squeeze, squeeze the orange.
Now squeeze!

(slowly raise both arms overhead and touch fingertips together)
(slowly lower hands to sides)
(move one hand in repeated slicing motion in front of body)
(squeeze both hands together repeatedly in squeezing motion)
(squeeze a friend in a gentle hug)

Form, form, form the guitar.
Play it like a rock star
Jump, jump like a rock star.
Rock, rock, rock the guitar.
Now rock!

(slowly raise one arm to side)
(pretend to play guitar)
(continue playing guitar while jumping to end of verse)

Form, form, form the corn.
Shuck, shuck, shuck the corn.
Cut, cut, cut the corn.
Pop, pop, pop the corn.
Now pop!

(slowly raise both arms overhead and touch fingertips together)
(slowly lower hands to sides)
(move one hand in repeated slicing motion in front of body)
(slowly move both arms outward from sides of body)
(squat and jump repeatedly)

Form, form, form a big ball.
Kick, kick, kick the big ball.
Throw, throw, throw the big ball.
Bounce, bounce, bounce the big ball.
Now bounce!

(slowly raise both arms overhead and touch fingertips together)
(alternate feet kicking forward)
(alternate arms with throwing motion forward)
(jump up and down while pushing downward with hands)



Popcorn Song

Ronno

Lyrics by Judy Millar, Liz Jones-Twomey, Ron Hiller/RONNO, Pam Schiller
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Hey! It's the Popcorn Song!
Lying on the ground, pretend you're a popcorn kernel.
Here's how!
Bend your knees (and using your hands)
Pull them in
Lift your head
Tuck in your chin
Look at your knees
Now, squeeze together tightly, into a little ball
Get ready to explode...
5, 4, 3, 2, 1
Explode in the air!

Now, bring legs and arms down flat on the floor.
Bring in your knees
Pull them in
Hold them tight
Tuck in your chin
Look at your knees
And squeeze together tightly, into a little ball
Get ready to explode...
5, 4, 3, 2, 1
Explode in the air!

Bring legs and arms down flat on the floor
And one last time
Pull in your knees
Up to your chest
Tuck in your chin
Let's do our best
Now, gently rock
Just like a popcorn kernel, you're sizzling in the pot
Get ready to explode
5, 4, 3, 2, 1
Explode in the air!
Quickly pull knees in
Explode in the air!

Pull them in
Explode in the air!
Pull them in
(And one last time)
Explode in the air!

Now, let's try something different.
Let's calm our bodies.
Pretend you're tired (cross your legs)
Rest on the floor (cross your arms)
Let's all relax
We're calm once more

Take one deep breath (and hold it in)
Now, slowly let it out
Hey, we're feeling safe and warm!
Just waiting for the next time we're popcorn.

Wow! Yeah! You were really great!



Veggie Power

Ronno

Lyrics by Judy Millar, Liz Jones-Twomey, Ron Hiller/RONNO, Pam Schiller
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Veggie Power! Veggie Power!
Let me hear you say it louder!
Ready! Set! Go! – Veggie Power!

Well, if carrots are good for your eyes
Does that mean broccoli's good for your brain?
Could be!
Perhaps for powerful knees
You would want to eat peas
Again and again and again.
Now, do you want to look great inside-out
Then swallow your brussel sprouts!
And for muscles with power
You should try some cauliflower
Veggie Power's what it's all about!

Veggie Power! Veggie Power!
Let me hear you say it louder!
1! 2! 3! – Veggie Power!

Well, if bell peppers are good for your hair
Then I'd ring those bells till it grows down to
there
To do well in math, while you sit in the bath
Take some turnip, and eat it right there

Now, if asparagus helped you to sing
Then it would be veggie king!
We would swallow it raw
And then we'd sing "la, la, la, la"
Veggies, they can do most anything!

Veggie Power! Veggie Power!
Let me hear you say it louder!
1! 2! 3! – Veggie Power!

*Ladies and gentlemen,
Step right up and get your veggies here
We've got cauliflower, we've got broccoli
We've got asparagus and carrots
They're good for you.
And they're good fun too! (Ha, Ha, Ha! Ha!)
Oh, kind of corny, isn't it!
I'm just trying to get people to eat their
vegetables....*

Now, if asparagus helped you to sing
Then it would be veggie king!
We would swallow it raw
And then we'd sing "la, la, la, la"
Veggies, they can do most anything!



Stone Soup

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Invite children to imagine they have a big soup pot in front of them. When the song directs, children pretend to add a new ingredient to the pot, stir the soup, and scoop out a taste. For the final verse, pretend you are filling bowls and then everyone gobbles up their soup.

Do you want to make a tasty, yummy pot of stone soup? Yes!

Fill the pot with water. We will work as a group.

Put a stone in it, and get it bubbling hot.

We'll make enough for everybody. We'll make a lot.

Refrain:

We'll put a rutabaga, rutabaga in the soup.

Stir it up, and take a scoop. Slurp it up. (slurping sound)

Is it ready yet? "No!"

What can we add to the stone soup? Oh!

Repeat refrain and replace underlined ingredients with:

- sweet potato, sweet potato
- yellow onion, yellow onion
- bunch of carrots, bunch of carrots
- slice of butter, slice of butter
- stick of celery, stick of celery
- head of cabbage, head of cabbage
- some macaroni, macaroni
- some salt and pepper, salt and pepper

Is it ready yet? "Yes!"

This kind of stone soup is the best.

Let's share our tasty, yummy, bubblin' big ol' pot of stone soup.

Fill your bowls.

Take a scoop, and gobble it up because it tastes so good!

Mmmm! Yum!



The Lunchtime Rap

Stephen Fite

Encourage children to march as they rap.

I'm hungry.	<i>(point to self)</i>
I'm in the mood.	<i>(rub stomach)</i>
I'm starvin'	
And I need food.	
My fork is ready to eat.	<i>(hold up one hand in a fist)</i>
My teeth are chompin' to the beat.	<i>(chomp teeth)</i>
My drink is slidin' down my throat.	<i>(pretend to drink a drink)</i>
Down to my belly, mmm!	<i>(rub stomach)</i>
I think lunchtime is the most fun each day.	
All day, all day everybody say _____,	<i>(place hands beside mouth as if yelling)</i>
"Hip, hip, hooray for _____!"	<i>(shout school name and pump arm overhead)</i>
"Hip, hip, hooray for _____!"	<i>(shout school name and pump arm overhead)</i>
It's the lunchtime rap, yeah!	<i>(rub stomach)</i>
Lunchtime here we come.	<i>(rub stomach)</i>

Green Peas

Lyrics and music by Joe Scruggs
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I lived in a house
Not so long ago.
One side of the house was high
The other side was low,
And we were always glad
When the dinner bell would ring.
But as we gathered 'round the table
My dad would always sing.

He'd say, "*Green peas roll very well down hill
And since the table kind of slants, you know they will
End up in the lap of the person at the end.
So keep your peas on your plate
And we can all stay friends.*"

I know that you are smart
And I know that you know,
If one side of a table's high
Another side is low.
And you can probably guess
Exactly how we sat.
If someone spilled their peas or juice
It rolled into Dad's lap.

And he'd sing, "*Green peas roll very well down hill
Since the table really slants, oh, you know they will
End up in my lap since I sit at the end
So keep your green peas on your plate
And we can all stay friends.*"

There were six of us kids
And although we did our best
Someone usually spilled their juice
Or made some sort of mess
But we never had to clean it.
We never got the chance
Away it would run down hill
Onto Dad's pants.

And he'd sing, "*Milk really runs very well down hill
Since the table kind of slants, you know it will
End up in my lap since I sit at the end.
So keep your milk in your glass
And we call all stay friends.*"

Now once Dad forgot his anniversary.
Mom was so annoyed it was plain to see.
She gave all of the children
A bowl of ripened fruit.
As we gathered 'round the table
I heard my dad say, "*Oops,
And watermelons roll very well down hill,
And since the table really slants
You know they will
End up in my lap.
So I'll be right along,
But first I have to go and get
Some flowers for your mom.
First I have to go and get
Some flowers for your mom.*"

