



All 4 Kids: Healthy, Happy, Active, Fit

All 4 Kids Chant

by Anne Lindsay

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Healthy, Happy, Active, Fit! All 4 kids eat smart, don't sit!

Need a soda from the fridge? *(reach out like you're opening the refrigerator door)*
No thanks, I'll skip! I'll eat an orange instead!

Need a cookie from the jar? *(reach down like you're reaching into a cookie jar)*
No thanks, I'll skip! And pull a carrot from the patch!

Need a pie in the sky? *(reach high like you're stretching to the sky)*
No thanks, I'll skip! And pick an apple from the tree!

Need a ride to the park? *(pretend you're driving a car)*
No thanks, I'll skip! And go *(start skipping around in a circle!)*

Lou, lou skip to my lou!
Lou, lou, watch me move!
Lou, lou feel my heart go "Whoo!"
Skip to my lou my darling!

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The All 4 Kids warm-up song

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