

Ah, Yes! Making Good Choices Song by Kalli K. Reid

(Sung to the tune of: Head, Shoulders, Knees and Toes)

Verse 1:

Brush (touch head)	Put (touch head)
your teeth (touch shoulders)	your things (touch shoulders)
everyday, (touch knees and then toes)	safe away, (touch knees and then toes)
everyday! (touch knees and then toes)	safe away! (touch knees and then toes)

Chorus:

(clap your hands and turn around in circle)
Ah, yes you know just what to do,
So you're happy and healthy, too!

Verse 2:

Use (touch head)	Be (touch head)
your words (touch shoulders)	polite (touch shoulders)
when you're mad, (touch knees and then toes)	you'll be glad, (touch knees and then toes)
when you're mad! (touch knees and then toes)	you'll be glad! (touch knees and then toes)

Chorus:

(clap your hands and turn around in a circle)
Ah, yes you know just what to do,
So you're happy and healthy, too!

Verse 3:

Try (touch head)	Share (touch head)
new foods (touch shoulders)	with friends (touch shoulders)
get your rest, (touch knees and then toes)	be your best, (touch knees and then toes)
get your rest! (touch knees and then toes)	be your best! (touch knees and then toes)

Chorus:

(clap your hands and turn around in a circle)
Ah, yes you know just what to do,
So you're happy and healthy, too!