



## MY HEALTHY BODY SONG

**TYPE OF ACTIVITY:** Music

**KEY CONCEPT:** Be physically active



### OBJECTIVES:

- › Children will use gross motor skills to act out motions to the song.
- › Children will explain that physical activity and eating healthy foods are ways to keep their bodies healthy.

### MATERIALS:

- › Song chart with words

### PROCEDURE:

1. Discuss the importance of moving our bodies to keep them healthy. Suggested phrases:
  - a. *When we run and jump and swing and dance, we are moving our bodies.*
  - b. *Moving our bodies helps keep our heart strong and healthy.*
2. Lead children in the song. Encourage children to act out the motions as they sing.

### ADAPTATIONS/EXTENSIONS:

**Language:** Encourage children to make up additional verses. Sing the song and act out the motions using the children's verses.



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## MY HEALTHY BODY SONG

(Sung to the tune of "Here We Go 'Round the Mulberry Bush")

*I like to move my whole body, (Children move all body parts)*  
*Whole body, whole body.*  
*I like to move my whole body*  
*To keep me strong and healthy. (Children flex muscles)*

*I use my feet to jump and run, (Children jump and run in place)*  
*Jump and run, jump and run.*  
*I use my feet to jump and run*  
*To keep me strong and healthy. (Children flex their muscles)*

*I use my legs to bend and stretch, (Children bend and stretch their legs)*  
*Bend and stretch, bend and stretch.*  
*I use my legs to bend and stretch*  
*To keep me strong and healthy. (Children flex their muscles)*

*I use my waist to twist and turn, (Children twist at their waists)*  
*Twist and turn, twist and turn.*  
*I use my waist to twist and turn*  
*To keep me strong and healthy. (Children flex their muscles)*

*I use my arms to bounce a ball, (Children pretend to bounce a ball)*  
*Bounce a ball, bounce a ball.*  
*I use my arms to bounce a ball*  
*To keep me strong and healthy. (Children flex their muscles)*

*I use my mouth to eat good food, (Children pretend to chew food)*  
*Eat good food, eat good food.*  
*I use my mouth to eat good food*  
*To keep me strong and healthy. (Children flex their muscles)*

*I'm growing bigger every day, (Children stretch their arms up high above their heads)*  
*Every day, every day*  
*I'm growing bigger every day*  
*Because I'm strong and healthy. (Children flex their muscles)*

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