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HEALTHY START— INTRODUCTION

Let's have a healthy start,
everybody, everywhere
Let's have a healthy start and
show the world we care
Let's have a healthy start,
everybody, everywhere
Let's have a healthy start and
show the world we care.

Hello everyone, I'm Wally Bear. I
like to play baseball with all my
friends. You can play, too!

What's up? I'm Ali. Would you
like to hear an awesome song I
wrote on my cool keyboard?

Hello, hello. I'm Mee. I like to
swim, and dance, and build sand
castles, and make paper flowers,
and have fun!

Hi, I'm Thurgood Turtle, and I like
to read books and play on my
computer. I can show you how.

Hey there, I'm Miguel Tiger. I can
do somersaults and stand on my
head.

Hi, I'm Sandy Squirrel. I just drew
a picture of the moon and stars at
night. Would you like to play a
game of chess?

Hi, hi, I'm Kristi Kitty. I wear my
rollerskates all day long, hee hee! I
can go fast.

Let's have a healthy start,
everybody, everywhere
Let's have a healthy start and
show the world we care
Let's have a healthy start,
everybody, everywhere
Let's have a healthy start and
show the world we care.

SMILE AT YOUR NEIGHBOR

*Singer: "Hey Wally, would you
like to jump down and look
around"*

*Wally: "I would love to jump
down and look around!"*

Verse 1

You've got to jump down
Look around
Smile at your neighbor

Jump down
Look around
Smile and say "hello"

Jump down
Look around
Smile at your neighbor

Jump down
Look around
Smile and say hello

OH YEAH: Everyone is different
OH YEAH: Everyone's a star

OH YEAH: Everyone is welcome
OH YEAH: Just the way you are

Verse 2

You've got to spin down
Look around
Smile at your neighbor

Spin down
Look around
Smile and say "hello"

Spin down
Look around
Smile at your neighbor

Spin down
Look around
Smile and say hello

OH YEAH: Everyone is different
OH YEAH: Everyone's a star

OH YES: Everyone is welcome
OH YES: Just the way you are

Chorus

Look around the room
And what do I see?
Beautiful faces smiling back at me

Look around the room
And what do I know?
Lots of colors in the human
rainbow

Verse 3

Jump down
Look around
Smile at your neighbor

Jump down
Look around
Smile and say "hello"

Jump down
Look around
Smile at your neighbor

Jump down
Look around
Smile and say "hello"

OH YEAH: Everyone is different
OH YEAH: Everyone's a star

OH YEAH: Everyone is welcome
OH YEAH: Just the way you are

Verse 4

Twist down
Look around
Smile at your neighbor

Twist down
Look around
Smile and say "hello"

Twist down
Look around
Smile at your neighbor

Twist down
Look around
Smile and say "hello"

OH YEAH: Everyone is different
OH YEAH: Everyone's a star

OH YEAH: Everyone is welcome
OH YEAH: Just the way you are

Chorus

Look around the room
And what do I see?
Beautiful faces smiling back at me

Look around the room
And what do I know?
Lots of colors in the human
rainbow

Verse 5

Jump down
Look around
Smile at your neighbor

Jump down
Look around
Smile and say "hello"

Jump down
Look around
Smile at your neighbor

Jump down
Look around
Smile and say hello

OH YEAH: Everyone is different
OH YEAH: Everyone's a star

OH YEAH: Everyone is welcome
OH YEAH: Just the way you are

OH YEAH: Everyone is different
OH YEAH: Everyone's a star

OH YEAH: Everyone is welcome
OH YEAH: Just the way you are.

POWER POSITIVE

Verse 1

Step back
Look around
Guess who's taking a walk
downtown
It's me
That's right
And I have news
I'm wearing my smooth stepping
can't lose shoes

So watch out
Mr. Big and Tall
I'm fancy free
And I have it all
Yeah me
That's right
I'm stepping in time

And I flow like water on a river of rhyme

So, heads up
Mr. Man in the Moon
I want to be heard
As I'm singing my tune
It's a song I wrote
Note for note
Take it to heart
And it will give you hope

Here we go.

Chorus

Power is thinking on your feet
Power is knowing what to eat
Power is knowing who you are
Power is working yourself hard

Power—in my heart
Power—in my mind
Power—in my arms
Power—all the time

Wally Bear says, "Hey Ali, will you play your keyboard for us?"

Ali says, "Sure I will. Listen to this and feel free to dance!"

Verse 2

Step back
Look around
Guess who's taking a walk downtown
It's me
That's right

And I have news
I'm wearing my smooth stepping
can't lose shoes

So watch out
Mr. Big and Tall
I'm fancy free
And I have it all
Yeah me
That's right
I'm stepping in time
And I flow like water on a river of rhyme

So, heads up
Mr. Man in the Moon
I want to be heard
As I'm singing my tune
It's a song I wrote
Note for note
Take it to heart
And it will give you hop

Here we go.

Chorus

Power is thinking on your feet
Power is knowing what to eat
Power is knowing who you are
Power is working yourself hard

Power—in my heart
Power—in my mind
Power—in my arms
Power—all the time

Power is thinking on your feet
Power is knowing what to eat
Power is knowing who you are
Power is working yourself hard

Power—in my heart
Power—in my mind
Power—in my arms
Power—all the time

Power is thinking on your feet
Power is knowing what to eat
Power is knowing who you are
Power is working yourself hard

Power—in my heart
Power—in my mind
Power—in my arms
Power—all the time.

I FEEL MANY DIFFERENT WAYS

Mee says, "Sometimes I'm happy, sometimes I'm sad, sometimes I'm silly, and sometimes I'm mad."

Verse 1

I feel many different ways
Did-da-le-I, Did-da-le-I oh
And feeling happy is okay
Did-da-le-I, Did-da-le-I oh

With an oh wow here
And an oh wow there
Here an oh, there a wow
Everywhere an oh wow

Every feeling is okay
Did-da-le-l, Did-da-le-l Oh

Verse 2

I feel many different ways
Did-da-le-l, Did-da-le-l oh
And feeling sad is okay
Did-da-le-l, Did-da-le-l oh

With a boo hoo here
And a boo hoo there
Here a boo, there a hoo
Everywhere a boo hoo

Oh wow here
And an oh wow there
Here an oh, there a wow
Everywhere an oh wow

Every feeling is okay
Did-da-le-l, Did-da-le-l oh

Verse 3

I feel many different ways
Did-da-le-l, Did-da-le-l oh
And feeling silly is okay
Did-da-le-l, Did-da-le-l oh

With a zig zag here
And a zig zag there
Here a zig, there a zag
Everywhere a zig zag

Boo hoo here
And a boo hoo there
Here a boo, there a hoo
Everywhere a boo hoo

Oh wow here
And an oh wow there
Here an oh, there a wow
Everywhere a oh wow

Every feeling is okay
Did-da-le-l, Did-da-le-l oh

Verse 4

I feel many different ways
Did-da-le-l, Did-da-le-l oh
And feeling nervous is okay
Did-da-le-l, Did-da-le-l oh

With a no way here
And a no way there
Here a no, there a way
Everywhere a no way

Zig zag here
And a zig zag there
Here a zig, there a zag
Everywhere a zig zag

Boo hoo here
And a boo hoo there
Here a boo, there a hoo
Everywhere a boo hoo

Oh wow here
And an oh wow there
Here an oh, there a wow
Everywhere an oh wow

I feel many different ways
Did-da-le-l, Did-da-le-l oh
Every feeling is okay

Mee says, "I feel better just singing"

Every feeling is okay
Did-da-le-l, Did-da-le-l oh,

HEALTHY SNACKS

Innkeeper: "Howdy, partner. Welcome to the Dusty Bowl Café. What do they call you?"

Cowboy (Wally Bear voice): "They call me Hungry Slim. I've been riding all day; I'll be riding all night. I need some healthy snacks to keep me in the saddle."

Innkeeper: "You're in luck. Today's special is an old shoe with ketchup on it. Mighty tasty."

Cowboy: "Ohhh, not exactly what I'm looking for. What else you got?"

Innkeeper: "Well, I got a bag of sweets here. I can pour it right on your tongue. What do you say?"

Cowboy: "I think you'd better listen to this song. Hit it, boys."

Verse 1

Give me an apple
Some crackers and cheese
A big bad banana
Or some celery
How 'bout some popcorn
A cup of hot soup
Everybody's snacking on healthy foods

Chorus

I need good food to keep me in the saddle
I need good food to send me on my way
Good food
Yippee Ki Yo Ki Ayyyyyyyy

Verse 2

Give me an orange
Some granola mix
A peanut butter sandwich
Or some tuna fish
How 'bout some oatmeal
Cold milk or fresh juice
Everybody's snacking on healthy foods

Chorus

I need good food to keep me in the saddle
I need good food to send me on my way

Good food
Yippee Ki Yo Ki Ayyyyyyyy

Verse 3

I love the feel of my saddle
And the tug of the reins
A campfire at night
On the vast open plains
The sound of my horse
Going clickity clack
And the taste of a healthy Cowboy snack

Chorus

I need good food to keep me in the saddle
I need good food to send me on my way
Good food
Yippee Ki Yo Ki Ayyyyyyyy

Bridge

Good food—Yippee ki yo yippee
ki ay
Good food—Yippee ki yo yippee
ki ay
Healthy food—Yippee ki yo
yippee ki ay
Healthy food—Yippee ki yo
yippee ki ay

Verse 4

Give me an apple
Some crackers and cheese
A big bad banana
Or some celery
How 'bout some popcorn
A cup of hot soup

Everybody's snacking on healthy foods

Chorus

I need good food to keep me in the saddle
I need good food to send me on my way
Good food
Yippee Ki Yo Ki Ayyyyyyyy.

MOVING IN A CIRCLE

Wally Bear says, "Hey Miguel, tell us how we should dance."

Miguel says, "Okay, let's start by walking in a circle."

Verse 1

Oh wow, walking in a circle, oh wow
Oh wow, walking in a circle, oh wow
Walking in a circle
Round and round
Clap your hands
And stomp the ground
Oh wow, walking in a circle, oh wow

Miguel says, "Now let's hop."

Verse 2

Oh wow, hopping in a circle, oh wow

Oh wow, hopping in a circle, oh
wow
Hopping in a circle
Round and round
Clap your hands
And stomp the ground
Oh wow, hopping in a circle, oh
wow

Bridge

Take a baby step toward the
middle
Take a baby step toward the
middle
Take a baby step back again
Take a baby step back again

Say oooo — oooo
Say aahh — aahh
Say Oooo oooo — oooo oooo
Say Aahh aahh — aahh aahh

Oooooooooo
aaaaaaaaahhhhhhhh

*Miguel says, "Now let's walk
again."*

Verse 3

Oh wow, walking in a circle, oh
wow
Oh wow, walking in a circle, oh
wow
Walking in a circle
Round and round
Clap your hands
And stomp the ground

Oh wow, walking in a circle, oh
wow

Miguel says, "Now let's turn."

Verse 4

Oh wow, turning in a circle, oh
wow
Oh wow, turning in a circle, oh
wow
Turning in a circle
Round and round
Clap your hands
And stomp the ground
Oh wow, walking in a circle, oh
wow

Oh wow
Oh wow
Oh wow
Oh wow.

WEATHER WISE

*(Sandy Squirrel reads poem)
Wally's too cool
To wear his jacket
In the snowing season*

*I think Wally
Is more than cool
I think he's
Downright freezin'*

Verse 1

Standing there

Unprepared
In the rain

Winds are blowing like a
Hurricane

Wet and cold
Through and through

Don't let that
Happen to you

Chorus 1

Put some boots on your feet —
Oooo, that's sweet
Put your raincoat on—it doesn't
take long
Put your umbrella up—up, up, up
That's what you do when it's
raining outside

Verse 2

White snow
Wind blows
Freezing cold

You're hanging around
Like an icicle

Lips turn blue
Cheeks turn red
Bet you wish that you were warm
Instead

Chorus 2

Put mittens on your hands—yes,
you can
Put your hat on your head—that's

what I said
Zip your jacket up—up, up, up
That's what you do when it's cold
outside

Verse 3

Summer Play
Laugh and stay
All day outside

Big Mr. Yellow
Burning in the sky

Sunscreen on
Feet to your face
Protects you from those harmful
rays

Chorus 3

So put some shoes on your
feet—ooooo, that's sweet
Put some sunscreen on—doesn't
take long
Put a hat on your head—that's
what I said
That's what you do when it's
sunny outside
That's what you do when it's
raining outside
That's what you do when it's cold
outside.

THE LION AND THE MOUSE

Once there was a little mouse
One day he wrote a simple song

And he was walking and
humming
When he saw his friend Kristi Kitty
And Kristi Kitty said,
“Let me hear your song.”
And so the mouse sang

“Moo cow moo
Neigh horse neigh
Little friends can be
A big help some day.

Neigh horse neigh
Moo cow moo
Treat others as you'd have
Others treat you.”

And Kristi Kitty said, “Sing on, little
mouse, sing on.”

So, the mouse walked down the
road
Humming and singing
When he passed his friend Wally
Bear
And Wally Bear said,
“Let me hear your song.”
And so the mouse sang

“Moo cow moo
Neigh horse neigh
Little friends can be
A big help some day.

Neigh horse neigh
Moo cow moo
Treat others as you'd have
Others treat you.”

And Wally Bear said,
“Sing on, little mouse, sing on.”

So, the mouse was walking
And humming and singing
He wasn't looking where he was
going
When
BOP!
He bumped into a lion
And the lion roared,
“YOU WOKE ME UP.
TELL ME WHY I SHOULDN'T
CRUSH YOU WITH MY PAWS!”
And in a trembling voice
The mouse sang

“Moo cow moo
Neigh horse neigh
Little friends can be
A big help some day.

Neigh horse neigh
Moo cow moo
Treat others as you'd have
Others treat you.”

And the music soothed the lion
And the lion said
In a yawn,
“Be gone, little mouse, be gone.”

Three days passed
The mouse was sleeping
When he woke to the sound of a
roar
That faded into a cry.

The mouse ran to the sound
There was the lion
Trapped in the net
The mouse knew what to do
He started to chew
And chew and chew
Until it broke right through.

The lion was free.
And together they walked away.
And the lion said, smiling,
Let me hear your song.”
So, the mouse sang

“Moo cow moo
Neigh horse neigh
Little friends can be
A big help some day.

Neigh horse neigh
Moo cow moo
Treat others as you’d have
Others treat you.”

And Kristi Kitty and Wally Bear
And all the other creatures, big
and small said,
”Sing on little mouse, sing on.”
And, you know what?
They all sang along.
And you can sing, too.

“Moo cow moo
Neigh horse neigh
Little friends can be
A big help some day.

Neigh horse neigh
Moo cow moo
Treat others as you’d have
Others treat you.”

The lion and the mouse were
good friends from that day on.

HEALTHY START— CONCLUSION

Let’s have a healthy start,
Everybody, everywhere
Let’s have a healthy start and
show the world we care
Let’s have a healthy start,
Everybody, everywhere
Let’s have a healthy start and
show the world we care.

This is Kristi Kitty. I’ll miss you.
Come back!

This is Ali saying “Peace.”

Mee here. I wish I could play
With you forever!

Hey, it’s Thurgood Turtle wishing
you a healthy day. Bye!

This is Sandy Squirrel saying
“Come back soon.”

Hey there, it’s Miguel Tiger, saying
“Ba, ba, ba, ba, ba, ba, ba, bye!”

This is Wally Bear. See ya and
Thanks for being my friend.

Let’s have a healthy start,
Everybody, everywhere
Let’s have a healthy start and
show the world we care
Let’s have a healthy start,
Everybody, everywhere
Let’s have a healthy start and
show the world we care.



SONG LIST

1. Wally Bear and Friends Intro
2. Smile At Your Neighbor
3. Power Positive
4. I Feel Many Different Ways
5. Healthy Snacks
6. Moving In a Circle
7. Weather Wise
8. The Lion and the Mouse
9. Wally Bear and Friends Goodbye



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