

# ACTION KIDS WARM UP

1

## CHORUS

We are the Action Kids,  
Action Kids, Action Kids

We are the Action Kids, we're always on the move.  
*(Hands and arms above heads and sway from side to side)*

Are we healthy? *(Hands on hips)* YES WE ARE! *(Stretch)*  
Are we happy? *(Hands on hips)* YES WE ARE! *(Stretch)*

We can stretch and bend and move *(dance about)*  
We can play and dance and groove *(dance about)*  
We are the Action Kids, Action Kids have FUN  
*(Sway arms then stretch on "FUN")*

Stretch and stretch and stretch up high  
Try to reach up to the sky  
*(Slowly stretch up high)*

Bend your knees just a little bit more  
Bend and bend and touch the floor  
*(Slowly bend knees and touch the floor)*

Bounce up and down upon the spot  
Now skip about and move a lot.  
*(Bounce and skip)*

**Music Only**  
*(Skip, bounce, walk, etc to the music on their own and join in with...)*

We are the Action Kids and  
Action Kids have FUN!

SONG

TRACK 1

This song can be used at any time to get children moving. You can do any actions you wish, but if you want some ideas, here are our suggestions:

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# Healthy Eating

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Children learn to recognise the ingredients of this "healthy eating" game and respond with appropriate actions.



"Swim" around the space

CELERY

"Stand" tall and still

RICE

"Jump" about to space and throw arms about



make a small "curled" up shape

CHICKEN

make chicken wings with arms and chicken noises as they walk about.

