

# Lyrics For Let's Sing

C Laurie Story Vela

## Hello

(Traditional)

Hello to the girls, hello to the boys!  
Hello moms & dads, it's time to say hello!  
Hello to the boys, hello to the girls,  
hello grandparents! It's time to say hello!  
Hello teachers! Hello librarians!  
Hello friends & neighbors!  
It's time to say hello!  
It's time to say hello!  
Hello!

## Clap Your Hands

Traditional

Clap, clap, clap your hands,  
Clap your hands together.  
Clap, clap, clap your hands,  
Clap your hands together.  
La, la, la, la, la, la, la, la, la, la, la, la!  
La, la, la, la, la, la, la, la, la, la, la, la!

Stomp, stomp, stomp your feet...

Wave, wave, wave your arms ...

Wiggle, wiggle, wiggle around ... (wiggly la la la)

Tap, tap, tap your fingers ... (whisper la la la)

(Repeat) Clap, clap, clap your hands ...



## Get On Board, Little Children

(Traditional + New Words, Laurie Story)

This music train's a-comin', I hear it just at hand.

I hear the drum wheels rumblin'

An' rollin' through the land.

Get on board, little children,

Get on board, little children,

Get on board, little children,

There's room for many a-more!

This music train's a-playin', listen to our sound.

We are playin' down the tracks,

Our music's rollin' all around.

Get on board, all you singers ,

Get on board, all musicians ,

Get on board, little children,

There's room for many a-more!

Get on board, woo woo!

Get on board, woo woo!

Get on board, woo woo!

There's room for many a-more!

## Little Red Caboose

(Traditional)

Little red caboose, chug, chug, chug

Little red caboose, chug, chug, chug

Little red caboose behind the train, train, train, train.

Smokestack on its' back, back, back, back,

Comin' down the track, track, track, track,

Little red caboose behind the train. Woo Woo!

(Repeat)

When you hear that whistle, woo woo, you feel just like a king,

When you hear the bell ring, ding dong, it makes you wanna sing.

About that... Little red caboose ...

*(Use shaker eggs and walk in a circle imitating a train on the track.)*

## A Ram Sam Sam

(Traditional + New Words, Laurie Story)

A ram sam sam, a ram sam sam,  
gully, gully, gully, gully, gully, ram sam sam. (2x)  
A rafi, a rafi, gully, gully, gully, gully, gully, ram sam sam.

A rap tap tap, a rap tap tap,  
golly, golly, golly, golly, golly, rap tap tap. (2x)  
A rafi, a rafi, golly, golly, golly, golly, golly, rap tap tap.

A rag tag tag, a rag tag tag,  
gilly, gilly, gilly, gilly, gilly, rag tag tag. (2x)  
A rafi, a rafi, gilly, gilly, gilly, gilly, gilly, rag tag tag.

A rah sah sah, a rah sah sah,  
gelly, gelly, gelly, gelly, gelly, rah sah sah. (2x)  
A rafi, a rafi, gelly, gelly, gelly, gelly, gelly, rah sah sah.

A rat sat sat, a rat sat sat,  
gally, gally, gally, gally, gally, rat sat sat. (2x)  
A rafi, a rafi gally, gally, gally, gally, gally, rat sat sat.

Gully, gully, gully, gully, gully, ram sam sam!  
Golly, golly, golly, golly, golly, rap tap tap!  
Gilly, gilly, gilly, gilly, gilly, rag tag tag!  
Gelly, gelly, gelly, gelly, gelly, rah sah sah!  
Gally, gally, gally, gally, gally, rat sat sat!  
A rafi!

## Mama Paquita

(Traditional)

Mama, Mama, Mama Paquita, Mama Paquita  
Mama Paquita buy your baby a papaya  
A ripe papaya and a banana  
A ripe banana that your baby will enjoy

Mama, Mama, Mama Paquita, Mama Paquita  
Mama Paquita say let's go and get some money  
To buy papayas and ripe bananas  
Let's go to carnival and dance the night away!

## Spirit Is Calling

(C Laurie Story Vela 1998, New words 2004)

Spirit is calling, Spirit calls you home.  
Spirit is calling, Spirit calls you home.  
Hey, hey, hey, hey, hey, hey ho!  
Hey, hey, hey, hey, hey, hey ho!

Mommy is calling, Mommy calls you home.  
Daddy is calling, Daddy calls you home.  
Hey, hey, hey, hey, hey, hey ho!  
Hey, hey, hey, hey, hey, hey ho!

Grandma is calling, Grandma calls you home.  
Grandpa is calling, Grandpa calls you home.  
Hey, hey, hey, hey, hey, hey ho!  
Hey, hey, hey, hey, hey, hey ho!

Sister is calling, sister calls you home.  
Brother is calling, brother calls you home.  
Hey, hey, hey, hey, hey, hey ho!  
Hey, hey, hey, hey, hey, hey ho!

Spirit is calling, Spirit calls you home.  
Spirit is calling, Spirit calls you home.  
Hey, hey, hey, hey, hey, hey ho!  
Hey, hey, hey, hey, hey, hey ho!

### The Ants Go Marching

(Traditional)

The ants go marching one by one, hurrah, hurrah!  
The ants go marching one by one, hurrah, hurrah!

The ants go marching one by one, \*(...)  
The little one stops to suck her thumb

And they all go marching down to the ground  
to get out of the rain, boom, boom, boom!

\*...Two ... tie her shoe  
... Three ... climb a tree  
... Four ... shut the door  
... Five ... to wave bye bye!

## Head and Shoulders

(Traditional + New Words, Laurie Story)

Head, shoulders, knees and toes, knees and toes.

Head, shoulders, knees and toes, knees and toes.

Eyes and ears and mouth and nose,

Head, shoulders, knees and toes, knees and toes.

Hair, bottom, legs and feet, legs and feet.

Hair, bottom, legs and feet, legs and feet.

Tummy, hands, chin and teeth,

Hair, bottom, legs and feet, legs and feet.

Arms, fingers, elbows, armpits, elbows, armpits.

Arms, fingers, elbows, armpits, elbows, armpits.

Back, neck, chest, and bellybutton,

Arms, fingers, elbows, armpits, elbows, armpits.

*(Touch all the body parts as you sing them,  
wiggle fingers, tickle the armpits, bellybutton, etc.)*



# I Eat What's Good

(Tune: Jimmy Crack Corn, Words, Laurie Story)

Food gives my body energy (3x)

I eat what's good for me.

(Spoken: Veggies are really good for you! Do you like veggies?  
Alright! What veggies do you like to eat? Alright! Let's sing them!)

I eat corn and carrots and peas (3x)

Veggies are good for me.

(Spoken: What does food give our bodies? (Energy!) That's right!)

Food gives my body energy (3x)

I eat what's good for me.

(Spoken: Well, fruits are really good for you! Do you like fruits?  
Alright! What fruits do you like? Oh yum! Let's sing them!)

I eat apples and strawberries (3x)

cause fruits are good for me.

(Spoken: And why are they good for you? What do they give your body? Energy! That's right)

Food gives my body energy (3x)

I eat what's good for me.

(Spoken: Well, cereal is good for you! Do you know what cereal is? What do you like that's in the cereal family?  
(Oatmeal!) Oh oatmeal, and crackers! Let's sing about oatmeal and crackers!)

I eat oatmeal and crackers too (3x)

Cereal is good for me.

(Spoken: That's right! It gives our bodies *what?* Energy! That's right!)

Food gives my body energy (3x)

I eat what's good for me.

(Spoken: That's right! Now, dairy is good for us too. Do you know what dairy is? What do you like from the dairy  
family? (Milk! I eat my cheese!) Very good, we drink our milk and eat your cheese! Here we go!)

I drink my milk and eat my cheese (3x)

Dairy is good for me.

(Spoken: Because it gives our body? Energy!)

Food gives my body energy (3x)

I eat what's good for me.

I eat what's good for me.

I eat what's good for me.

## Brush Your Teeth

(Traditional + New Words, Laurie Story)

When it's quarter to 1 and your day has begun,  
you grab your toothbrush and have some fun.  
You brush your teeth (brushing sounds) ( x 2)

When it's quarter to 2 you know what to do,  
Eat yummy food that is good for you, chew, chew, chew (mmm)  
then brush your teeth (brushing sounds) ( x 2)

When it's quarter to 3, you know what you see,  
a really sweet treat that you get to eat,  
then brush your teeth (brushing sounds) ( x 2)

(Spoken: Ooh, you have to really brush good when you eat sweets!)

brush your teeth (brushing sounds) ( x 4)

(Spoken: OK, that ought to do!)

When it's quarter to 4, you're startin' to snore, (zzz)  
You're goin' to sleep but WAIT!  
ya gotta brush your teeth (brushing sounds)  
brush your teeth (brushing sounds) ( x 3)

When it's quarter to 5 , you wake up alive,  
you sing with the birds, you dance and you jive,  
then brush your teeth (brushing sounds) ( x 2)

Ya your day has begun, your back to number one,  
brush your teeth (brushing sounds) ( x 3)

Sunday, Monday

(Traditional, Tune: 10 Little Indians)

Sunday, Monday, Tuesday, Wednesday  
Thursday, Friday, Saturday, Sunday  
Monday, Tuesday, Wednesday, Thursday  
Friday, Saturday! (Repeat)

Zum Gali Gali

(Traditional + New Words, Laurie Story)

Zum gali gali gali, zum gali gali  
Zum gali gali gali, zum, zum, zum! Zum, zum, zum!  
We will play and sing all day.  
Zum gali gali gali, zum gali gali,  
We will play our drums this way.

Zum gali gali gali, zum gali gali  
Zum gali gali gali, zum, zum, zum! Zum, zum, zum!  
We will dance here on our feet.  
Zum gali gali gali, zum gali gali,  
Our drums will keep a joyful beat.

Zum gali gali gali, zum gali gali  
Zum gali gali gali, zum, zum, zum! Zum, zum, zum!  
We will play and sing our joy.  
Zum gali gali gali, zum gali gali,  
Every girl and every boy.

Zum gali gali gali, zum gali gali  
Zum gali gali gali, zum, zum, zum! Zum, zum, zum!  
Zum, zum, zum! Zum, zum, zum!

# Rocka This Song

(Tune: Rocka My Soul + New Words, Laurie Story)

Rocka this song, everybody play along,  
Rocka this song, everybody sing along,  
Rocka this song, everybody play along,  
STOP! 1-2-3-4- GO! Rocka this song.

So loud, everybody play so loud,  
So loud, everybody sing so loud,  
So loud, everybody play so loud,  
STOP! 1-2-3-4- GO! Rocka this song.

So soft, everybody play so soft,  
So soft, everybody sing so soft,  
So soft, everybody play so soft,  
STOP! 1-2-3-4- GO! Rocka this song.

So slow, everybody play so slow,  
So slow, everybody sing so slow,  
So slow, everybody play so slow,  
STOP! 1-2-3-4- GO! Rocka this song.

So fast, everybody play so fast,  
So fast, everybody sing so fast,  
So fast, everybody play so fast,  
STOP! 1-2-3-4- GO! Rocka this song.

Rocka this song, everybody play along,  
Rocka this song, everybody sing along,  
Rocka this song, everybody play along,  
Oh rocka this song, Oh rocka this song,  
Oh rocka this song!

## Pick A Friend

(Tune: Pick A Bale O' Cotton + Words, Laurie Story)

I'm gonna jump down, turn around  
and pick a friend to dance with,  
jump down, turn around, pick a friend and say...  
Oh goody, every boy and girl!  
Oh goody, dance & spin & twirl!

I'm gonna jump down, turn around  
and pick colors to dance with,  
gonna jump down, turn around, pick a color and say...  
Oh goody, every boy and girl! Oh goody, circle, spin & swirl!  
Circle, spin & swirl! Twist & turn & twirl!  
Oh goody, every boy and girl! Oh goody, circle, spin & swirl!  
Twist & turn & twirl! Gonna jump down, turn around ...  
Circle, spin & swirl! Gonna jump down, turn around ...  
Twist & turn & twirl!  
Oh goody! Circle, spin & swirl! Oh goody! Twist & turn & twirl!

I'm gonna jump down, turn around  
and pick a friend to dance with,  
jump down, turn around, pick a friend and say...  
Oh goody, every boy and girl! Oh goody, circle, spin & swirl!  
Twist & turn & twirl!  
Jump down, turn around, circle, spin & swirl!  
Jump down, turn around, twist & turn & twirl!  
Circle, spin & swirl! Twist & turn & twirl!  
Jump down, turn around ...

You Gotta Sing  
(Traditional)

You gotta sing when your spirit says sing,  
sing when your spirit says sing.  
When your spirit says sing, you gotta sing out loud.  
Sing when your spirit says sing.  
Laugh!

You gotta laugh when your spirit says laugh,  
laugh when your spirit says laugh.  
When your spirit says laugh, you gotta laugh out loud.  
Laugh when your spirit says laugh.

Run!

You gotta run when your spirit says run,  
run when your spirit says run.  
When your spirit says run, you gotta run around.  
Run when your spirit says run.

Dance!

You gotta dance when your spirit says dance,  
dance when your spirit says dance.  
When your spirit says dance, you gotta dance around.  
dance when your spirit says dance.

Play!

You gotta play when your spirit says play,  
play when your spirit says play.  
When your spirit says play, you gotta play around.  
Play when your spirit says play.

Quiet!

You gotta get quiet when the spirit says get quiet, shh,  
quiet when the spirit says get quiet, shh  
When your spirit says quiet, you gotta listen well.

Quiet when the spirit says get quiet.

Sing!

You gotta sing when your spirit says sing,  
sing when your spirit says sing.

When your spirit says sing, you gotta sing out loud.  
Sing when your spirit says sing. Sing when your spirit says sing.  
Sing when your spirit says sing!

### Darlin' Valentine

(Tune: Clementine, Words, Laurie Story)

Chorus:

Oh my darlin', oh my darlin', oh my darlin' Valentine.  
You have my loving heart forever,  
You're my treasure, Valentine

Here's some candies and some chocolates  
in a box of 8 or 9.

They are yummy for your tummy,  
Sweet like you, my Valentine.

Chorus

Here's some flowers, oh so pretty,  
They smell sweet and fresh and fine.  
They are rosies and lots of posies.  
I picked them for you, Valentine.

Chorus

Here's a hug, love, a really big hug.  
Yes, let's make our arms entwine.  
Here's a big hug with lots of good love  
All for you my darlin' Valentine.

Chorus

You're my treasure, Valentine

## Teddy Bear

(Traditional, + Words C Laurie Story)

Teddy bear, teddy bear, turn around  
Teddy bear, teddy bear, touch the ground  
Teddy bear, teddy bear, see my shoe  
Teddy bear, teddy bear, count to two ... 1, 2

Teddy bear, teddy bear, sit on my knee  
Teddy bear, teddy bear, count to three  
Teddy bear, teddy bear, count with me ... 1, 2, 3

Teddy bear, teddy bear, lay on the floor  
Teddy bear, teddy bear, starts to snore  
Teddy bear, teddy bear, snores to four ... 1, 2, 3, 4

Teddy bear, teddy bear, on the ground  
Teddy bear, teddy bear, sleeping sound  
Teddy bear, teddy bear, sure can snore  
Teddy bear, teddy bear, there's a knock on the door!

(Knocking sound into the next song:)

Are You Sleeping? (Traditional, C Words Laurie Story)

Are you sleeping, are you sleeping,  
teddy bear, teddy bear?

Springtime bells are ringing,  
springtime bells are singing,  
ring ding, ding! Ring, ding, ding!

(Back to Teddy Bear tune:)

Teddy bear, teddy bear, time to wake  
Teddy bear, teddy bear, eat some cake  
Teddy bear, teddy bear, spring is here  
Teddy bear, teddy bear, wake up and cheer!

"Hooray!"



**Rise And Shine** (Traditional + Words Laurie Story)

Rise and shine, wake up and see the springtime!

Rise and shine, wake up and see the springtime!

Rise and shine and (clap) wake up, feeling fine!

Wake up, sleeping bear!

(Spoken: Time to say bye bye to our bears and bye bye friends!)

**Bye Bye** (Tune of London Bridge)

Now it's time to say bye bye, say bye bye, say bye, bye.

Now it's time to say bye bye, see you all next time!

We'll see you all next time! Bye bye!