

1. I'VE GOT A BODY CD Track 1 (Melody) Track 2 (Piano only)

I've got a body, a very busy body,
And it goes everywhere with me.
And on that body, I've got a nose
And it goes everywhere with me.
And I sniff sniff here, sniff sniff there,
Sniff sniff sniff sniff everywhere.
I've got a body, a very busy body,
And it goes everywhere with me.

I've got a body, a very busy body,
And it goes everywhere with me.
And on that body, I've got some hands
And they go everywhere with me.
And I clap clap here, clap clap there,
Clap clap clap clap everywhere.
Sniff sniff here, sniff sniff there,
Sniff sniff sniff sniff everywhere.
I've got a body, a very busy body,
And it goes everywhere with me.

I've got a body, a very busy body,
And it goes everywhere with me.
And on that body, I've got some feet
And they go everywhere with me.
And I stamp stamp here, stamp stamp there,
Stamp stamp stamp stamp everywhere.
Clap clap here, clap clap there,
Clap clap clap clap everywhere.
Sniff sniff here, sniff sniff there,
Sniff sniff sniff sniff everywhere.
I've got a body, a very busy body,
And it goes everywhere with me.

2. MAKE A FACE CD Track 3 (Melody) Track 4 (Piano only)

If you want to be happy,
And have a happy day,
And spread a bit of joy around
Then there is just one way;

Make a face,
Make a face,
Make it as happy as you can
And make a face.

(Make happy faces as the piano repeats the chorus)

If you want to be happy,
And have a happy day,
And spread a bit of joy around
Then there is just one way;

Make a face,
Make a face,
Make it as scary as you can
And make a face.

(Make scary faces as the piano repeats the chorus)

If you want to be happy,
And have a happy day,
And spread a bit of joy around
Then there is just one way;

Make a face,
Make a face,
Make it as silly as you can
And make a face.

(Make silly faces as the piano repeats the chorus)

Make a face,
Make a face,
Make it as silly as you can
And make a face.

3. HANDS CAN HOLD

CD Track 5 (Melody) Track 6 (Piano only)

Hands can hold and hands can squeeze,
Hands can rest upon ***your*** knees,
Hands can clap and hands can shake,
What kind of sound can your hands make?

(Make a sound with your hands during two bars of piano music)

Hands can hold and hands can squeeze,
Hands can rest upon ***our*** knees,
Hands can clap and hands can shake,
This is the sound which our hands make.

(Make a sound with your hands during two bars of piano music)

*We will sing this altogether as written and may follow it
up by singing it once again with volunteers (individuals)
demonstrating their own "hand sounds".*

4. CLAP HANDS! STAMP FEET! CD Track 7 (Melody) Track 8
(Piano)

Clap hands, stamp feet
Stand still, now turn around.
Jump up, crouch down.
Now make yourself look **HAPPY!**

Slap thighs, click heels
Stretch high, now turn around.
Hop left, hop right.
Now make yourself look **GRUMPY!**

Clap Hands, stamp feet
Stand still, now turn around.
Jump up, crouch down.
Now make yourself look **SLEEPY!**

Slap thighs, click heels
Stretch high, now turn around.
Hop left, hop right.
Now make yourself look **UGLY!**

Clap Hands, stamp feet
Stand still, now turn around.
Jump up, crouch down.
Now make yourself look **SCARY!**

Slap thighs, click heels
Stretch high, now turn around.
Hop left, hop right.
Now make yourself look **LOVELY!**

5. THE BODY SONG CD Track 1 (Melody) Track 2 (Piano only)

I've got fingers on my hands,
I've got toes on my feet,
I've got skin on my bones
And it keeps me neat.
I've got hair on my head
And a bottom for a seat,
You'll never find another one who's just like me!

I've got freckles on my face,
I've got colour in my cheeks,
I've got ears to listen
And a mouth to speak.
I've got eyes in my head
And a smiling set of teeth,
You'll never find another one who's just like me!

I've got muscles in my arms,
I've got bumps on my knees,
I've got blood in my body
And my lungs to breathe.
I've a brain in my head
And I'm totally unique,
You'll never find another one who's just like me!
You'll never find another one who's just... like...
me!

6. I HAVE TWO EARS CD Track 11 (Melody) Track 12 (Piano only)

I have two ears to help me hear,
I have two eyes to help me see,
I have two lips to help me speak,
Sing along with me.

Two ears, one, two,
Two eyes, one, two,
Two lips, one, two,
Sing along with me.

I have two legs to help me stand,
I have two feet to help me dance,
I have two hands so I can clap,
Sing along with me.

Two legs, one, two,
Two feet, one, two,
Two hands, one, two,
I can count, can you?

HEADS, SHOULDERS, KNEES & TOES

CD Track 13 (Melody)

Track 14 (Piano only)

Heads, shoulders, knees and toes,
Knees and toes,
Heads, shoulders, knees and toes,
knees and toes
And eyes and ears and mouth and nose,
Heads, shoulders, knees and toes,
knees and toes.

***** , shoulders, knees and toes,
knees and toes,
***** , shoulders, knees and toes,
knees and toes
And eyes and ears and mouth and nose,
***** , shoulders, knees and toes,
knees and toes.

***** , ***** , knees and toes,
knees and toes,
***** , ***** , knees and toes,
knees and toes
And eyes and ears and mouth and nose,
***** , ***** , knees and toes,
knees and toes.

***** , ***** , ***** and toes,
***** and toes,
***** , ***** , ***** and toes,
***** and toes
And eyes and ears and mouth and nose,
***** , ***** , ***** and toes,
***** and toes.

***** , ***** , ***** *** ***** ,
***** *** ***** ,
***** , ***** , ***** *** ***** ,
***** *** *****
And eyes and ears and mouth and nose,
***** , ***** , ***** *** ***** ,
***** *** ***** .

***** , ***** , ***** *** ***** ,
***** *** ***** ,
***** , ***** , ***** *** ***** ,
***** *** *****
*** ***** *** ***** *** ***** *** ***** ,
***** , ***** , ***** *** ***** ,
***** *** ***** .

(Final time sing all words)

I'VE GOT LIFE.

Got my hair, got my head
Got my brains, got my ears
Got my eyes, got my nose
Got my mouth, I got my smile

I got my tongue, got my chin
Got my neck, got my back
Got my heart, got my soul
Got my mind, I got my friends

I got my arms, got my hands
Got my fingers, got my legs
Got my feet, got my toes
Got my liver, got my blood

I've got life,
I've got my freedom
I've got the life