



USCR Y.O.U.



JOY



SONG



GUIDEBOOK

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Joy Songs

Alive, Alert, Awake

I'm alive, alert, awake, enthusiastic,
I'm alive, alert, awake, enthusiastic,
 I'm alive, alert awake,
 I'm awake, alert, alive,
I'm alive, alert, awake, enthusiastic!
(Repeat, going faster)

Baby Shark

Shark mouth with two fingers
Baby shark, do do do do do do
Baby shark, do do do do do do
Baby shark, do do do do do do
Baby shark

Shark mouth with hands connected at wrist
Momma shark, do do do do do do
Momma shark, do do do do do do
Momma shark, do do do do do do
Momma shark

Shark mouth with whole arms
Daddy shark, do do do do do do
Daddy shark, do do do do do do
Daddy shark, do do do do do do
Daddy shark

Shark mouth with elbows
Grandpa shark, do do do do do do
Grandpa shark, do do do do do do
Grandpa shark, do do do do do do
Grandpa shark

Shark mouth like momma shark but with fists
Grandma shark, do do do do do do
Grandma shark, do do do do do do
Grandma shark, do do do do do do
Grandma shark

Swimming motion with arms
Going swimming, do do do do do do
Going swimming, do do do do do do
Going swimming, do do do do do do
Going swimming

Shark fin over head
See a shark, do do do do do do
See a shark, do do do do do do
See a shark, do do do do do do
See a shark

Swimming motion again, but faster

Swimming faster, do do do do do do
Swimming faster, do do do do do do
Swimming faster, do do do do do do
Swimming faster

Shark fin again, more frantic
Shark attack, do do do do do do
Shark attack, do do do do do do
Shark attack, do do do do do do
Shark attack

Swimming motion with elbow
Lost an arm, do do do do do do
Lost an arm, do do do do do do
Lost an arm, do do do do do do
Lost an arm

Swimming motion with one elbow, hopping on one foot
Lost a leg, do do do do do do
Lost a leg, do do do do do do
Lost a leg, do do do do do do
Lost a leg

CPR motions
CPR, do do do do do do
CPR, do do do do do do
CPR, do do do do do do
CPR

CPR faster
It's not working, do do do do do do
It's not working, do do do do do do
It's not working, do do do do do do
It's not working

Flap arms like angel wings
Going to Heaven, do do do do do do
Going to Heaven, do do do do do do
Going to Heaven, do do do do do do
Going to Heaven

Turn around and stick rear in middle of circle
It's the end, do do do do do do
It's the end, do do do do do do
It's the end, do do do do do do
It's the end

Banana Song

Form banana
Form form banana
Form banana
Form form banana
And peel banana
Peel peel banana
And peel banana
Peel peel banana
And go bananas
Go go bannanas
And go bananas
Go go bananas

Form an orange
Form form an orange
And form an orange
Form form an orange
And peel an orange
Peel peel an orange
And peel an orange
Peel peel an orange
And squeeze an orange
Squeeze squeeze an orange
And squeeze an orange
Squeeze squeeze an orange

And form a cow
Form form a cow
And form a cow
Form form a cow
And tip a cow
Tip tip a cow
And tip a cow
Tip tip a cow

Form a mullet
Form form a mullet
And form a mulet
Form form a mullet
And rock the mullet
Rock rock the mullet
And rock the mullet
Rock rock the mullet

Form a wall
Form form a wall
And form a wall
Form form a wall
And climb a wall
Climb climb a wall
And climb a wall
Climb climb a wall
And go AWOL
Go go AWOL
And go AWOL
Go go AWOL

Form avocado
Form form avocado
And form avocado
Form form avocado
And peel avocado
Peel peel avocado
And peel avocado
Peel peel avocado

And guac-amole
Guac- guac-amole
And guac-amole
Guac- guac-amole

Beaver song

Beavers One, Beavers All,
Let's all do the Beaver crawl!
(Make crawling motions with hands or crawl on ground)

Beavers Two, Beavers Three,
Let's all climb the Beaver tree!
(Make motion like climbing a tree)

Beavers Four, Beavers Five,
Let's all do the Beaver Jive!
(Do hand jive motions)

Beavers Six, Beavers Seven,
Let's all go to Beaver heaven!
(Do hand prayer, close eyes, and sway)

Beavers Eight, Beavers Nine,
STOP! - - It's Beaver Time!
(Do crazy dance and Nah, Nah, Na-nah singing of Hammer Time song)

Boom-chicka-boom

This is a call and repeat song!
So say what I say!
And do what I do!

I said a boom, chicka boom
I said a boom, chicka boom
I said a boom-a chicka rock-a chicka rock-a chicka boom

Alright
Okay
One more time
Valley Girl style!

I said like, boom chicka like, boom
I said like, boom chicka like, boom
I said like, boom, chicka like rocka, chicka like gag me with a spoon

Alright
Okay
One more time
Racecar style!

I said a vroom, chicka vroom
I said a vroom, chicka vroom
I said a vroom-a shift-a racecar shift-a racing shift-a vroom

Alright
Okay
One more time
Janitor style!

I said a broom, sweep-a broom
I said a broom, sweep-a broom
I said a broom-a sweep-a mop-a sweep-a mop-a sweep-a broom

Alright
Okay
One more time
Underwater style!

(Move finger over lips)
I said a boom, chicka boom
I said a boom, chicka boom
I said a boom-a chicka rock-a chicka rock-a chicka boom

Alright
Okay
One more time
Flower style!

I said a bloom, chicka bloom
I said a bloom, chicka bloom
I said a bloom, chicka flower, chicka blossom, chicka bloom

Alright
Okay
One more time
Preacher style!

I said a doom, chicka doom
I said a doom, chicka doom
I said a doom, chicka fire, chicka brimstone, chicka doom

Alright
Okay
No more times

Bubblegum

My momma gave me a penny to buy some candy
I didn't buy no candy
I bought some bubblegum!
I want, I want some bubblegum
(Repeat 3 more times)

My momma gave me a nickel
To buy a pickle
I didn't buy no pickle
I bought some bubblegum!
I want, I want some bubblegum
(Repeat 3 more times)

My momma gave me a dime
To buy a lime
I didn't buy no lime
I bought some bubblegum!
I want, I want some bubblegum
(Repeat 3 more times)

My momma gave me a quarter
To buy some water
I didn't buy no water
I bought some bubblegum!
I want, I want some bubblegum
(Repeat 3 more times)

Canoe Song

Just a boy and a girl in a little canoe
With the moon shining all around
As he glides his paddle
You couldn't even hear a sound

And they talked and they talked
Till the moon grew dim
He said you better kiss me
Or get out and swim

So what you gonna do in a little canoe
With the moon shinin' all a--
Boats floatin' all a--
Girls swimmin' all a rou-ou-nd

Down in my heart

I have the joy, joy, joy, joy,
Down in my heart, (where?)
Down in my heart, (where?)
Down in my heart,
I have the joy, joy, joy, joy,
Down in my heart, (where?)
Down in my heart to stay.

Every little cell

Every little cell in my body is happy,
Every little cell in my body is well.
Every little cell in my body is happy,
Every little cell in my body is well!

I'm so glad,
Every little cell,
In my body is happy and well.
I'm so glad, every little cell,
In my body is happy and well!
(Repeat, going faster)

Peace like a river

I've got peace like a river
I've got peace like a river
I've got peace like a river in my soul
In my soul
In my soul!

I've got joy like a fountain
I've got joy like a fountain
I've got joy like a fountain in my soul
In my soul!

I've got love like a mountain
I've got love like a mountain
I've got love like a mountain in my soul
In my soul!

I've got peace like a river
I've got joy like a fountain
I've got love like a mountain in my soul
In my soul!

If you're happy and you know it

If you're happy and you know it, clap your hands (*clap clap*)
If you're happy and you know it, clap your hands (*clap clap*)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, clap your hands. (*clap clap*)

If you're happy and you know it, stomp your feet (*stomp stomp*)
If you're happy and you know it, stomp your feet (*stomp stomp*)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, stomp your feet. (*stomp stomp*)

If you're happy and you know it, shout "Hurray!" (*hoo-ray!*)
If you're happy and you know it, shout "Hurray!" (*hoo-ray!*)
If you're happy and you know it, then your face will surely show it
If you're happy and you know it, shout "Hurray!" (*hoo-ray!*)

If you're happy and you know it, do all three (*clap-clap, stomp-stomp, hoo-ray!*)

If you're happy and you know it, do all three (*clap-clap, stomp-stomp, hoo-ray!*)

If you're happy and you know it, then your face will surely show it
If you're happy and you know it, do all three. (*clap-clap, stomp-stomp, hoo-ray!*)

Inside of you

Inside of you,
There is a light
From head to toe, shining bright
I wish for you, the same as me
To live your life, in harmony
Now shine
Now glow
Now live
Now know
Now shine
Now glow
Now live
Now know

Jig-a-lo

Jig-a-lo
Jig-jig-a-lo (hey!)
Jig-a-lo
Jig-jig-a-lo

Hey ___! (*Freshmen, sophomores, juniors, seniors, boys, girls, sponsors, YOUers, everyone, or individuals – pick any combination*)

(Hey what?)

Can you jig?

(Jig a what?)

Jig-a-lo!

(With my hands up high and my feet down low, that's the way I jig-a-lo! *Do a little dance*)

With my hands up high and my feet down low, that's the way I jig-a-lo!
(*Copy dance*)

Button Factory

Hi! My name is Joe, and I work in a button factory (OH YEAH). I got a wife (she's nice) and two kids (both boys) and I work all day pushin' buttons.

One day, my boss came to me – he said “Joe! Are ya busy?” I said “NO!”
So I push this button with my right hand.

Hi! My name is Joe, and I work in a button factory (OH YEAH). I got a wife (she's nice) and two kids (both boys) and I work all day pushin' buttons.

One day, my boss came to me – he said “Joe! Are ya busy?” I said “NO!”
So I push this button with my left hand.

Hi! My name is Joe, and I work in a button factory (OH YEAH). I got a wife (she's nice) and two kids (both boys) and I work all day pushin' buttons.

One day, my boss came to me – he said “Joe! Are ya busy?” I said “NO!”
So I push this button with my right foot.

Hi! My name is Joe, and I work in a button factory (OH YEAH). I got a wife (she's nice) and two kids (both boys) and I work all day pushin' buttons.

One day, my boss came to me – he said “Joe! Are ya busy?” I said “NO!”
So I push this button with my left foot.

Hi! My name is Joe, and I work in a button factory (OH YEAH). I got a wife (she's nice) and two kids (both boys) and I work all day pushin' buttons.

One day, my boss came to me – he said “Joe! Are ya busy?” I said “NO!”
So I push this button with my head.

Hi! My name is Joe, and I work in a button factory (OH YEAH). I got a wife (she's nice) and two kids (both boys) and I work all day pushin' buttons.

One day, my boss came to me – he said “Joe! Are ya busy?” I said
“YES!”

Juicy Moose

This is a call and repeat song
So say what I say
And do what I do

There was a great big moose
Who liked to drink a lot of juice
There was a great big moose
Who liked to drink a lot of juice

I said oh-way-oh!
Oh-way-oh-way-oh-way-oh-way
Oh-wee-ooo, oh-wee-ooo
Oh-way-oh-way-oh-way-oh-way-oh

The moose's name was Fred
He liked to drink his juice in bed
The moose's name was Fred
He liked to drink his juice in bed

I said oh-way-oh!
Oh-way-oh-way-oh-way-oh-way
Oh-wee-ooo, oh-wee-ooo
Oh-way-oh-way-oh-way-oh-way-oh

He drank his juice with care
But he got it in his hair
He drank his juice with care
But he got it in his hair

I said oh-way-oh!
Oh-way-oh-way-oh-way-oh-way
Oh-wee-ooo, oh-wee-ooo
Oh-way-oh-way-oh-way-oh-way-oh

Now he's a sticky moose
But he's full of juice
Now he's a sticky moose
But he's full of juice

I said oh-way-oh!
Oh-way-oh-way-oh-way-oh-way
Oh-wee-ooo, oh-wee-ooo
Oh-way-oh-way-oh-way-oh-way-oh

Little Red Wagon

This is a call and repeat song!

So say what I say,

And do what I do

(Normal volume)

You can't ride in my little red wagon!

The back seat's broken and the axel's draggin'.

You can't ride in my little red wagon!

Ooh ah ooh ah ooh ah ooh!

(Repeat three more times, getting louder each time, until you're screaming for the fourth one. Repeat one more time – this time quietly and sad/shy-like.)

Magic Penny

Love is something if you give it away,
Give it away, give it away
Love is something if you give it away,
You end up having more

It's just like a magic penny
Hold on tight and you won't have any
Lend it, spend it, and you'll have so many
They'll run all over the floor

For love is something if you give it away,
Give it away, give it away
Love is something if you give it away
You end up having more

Noah's Ark

Rise and shine
And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Children of the Lord.

The Lord said to Noah:
There's gonna be a flood, flood,
The Lord said to Noah:
There's gonna be a flood, flood,
Get those children out of the muddy, muddy,
Children of the Lord.

So Noah,
He built him, he built him an ark, ark,
Noah,
He built him, he built him an ark, ark,
Built it out of gopher bark, bark,
Children of the Lord.

The animals, the animals,
They came in by twos, twos,
The animals, the animals,
They came in by twos, twos,
Elephants and kangaroos, roos,
Children of the Lord.

It rained and poured,
For forty days, days,
It rained and poured,
For forty days, days,
Nearly drove those animals crazy, crazies,
Children of the Lord.

The sun came out and
dried up the land, land,
The sun came out and
dried up the land, land,
Everything was fine and dandy, dandy,
Children of the Lord.

Children of the Lord.
Rise and shine

And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Children of the Lord.

The animals they came off
They came off by three-sies three-sies,
Animals they came off
They came off by three-sies three-sies,
Must have been those birds and beesies-beesies,
Children of the Lord.

Rise and shine
And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Children of the Lord.

That is the end of
The end of my story, story,
That is the end of
The end of my story, story,
Everything is hunky dory, dory,
Children of the Lord.

Rise and shine
And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Rise and shine
And give God the glory, glory,
Children of the Lord.

Princess Pat

The Princess Pat (*Egyptian hand movement & hips*)
Lived in a tree (*Arms up over heads, making a tree bow*)
She sailed across (*wave hands over water*)
The seven seas (*Seven fingers, wave hands over water*)
She sailed across (*Repeat hand wave over water*)
The Channel two (*thumb and finger channel, two fingers*)
And she took with her (*sling bag over shoulder*)
A rickabamboo (*hands wave down move hips*)

A rickabamboo (*hands wave down*)
Now what is that?
It's a something made (*move fists one on top of the other*)
By the Princess Pat (*repeat Egyptian move*)
It's a red and gold (*hand on right hip*)
And a purple too (*hand on left hip*)
That's why it's called
A rickabamboo (*hands wave down*)

Now Captain Jack (*stand at Alert*)
Had a mighty fine crew (*salute*)
They sailed across the channel too (*as above*)
But their ship sank (*hold noses and move body down*)
And yours will too (*point out and finger two*)
If you don't take (*sling bag over shoulder*)
A rickabamboo (*hands wave down*)

A rickabamboo (*hands wave down*)
Now what is that?
It's a something made (*move fists one on top of the other*)
By the Princess Pat (*repeat Egyptian move*)
It's a red and gold (*hand on right hip*)
And a purple too (*hand on left hip*)
That's why it's called
A rickabamboo (*hands wave down*)

The Princess Pat, saw Captain Jack.
She reeled him in, and brought him back.
She saved his life, and his crew's too,
And do y' know how?- with the rickabamboo!

A rickabamboo (*hands wave down*)
Now what is that?
It's a something made (*move fists one on top of the other*)
By the Princess Pat (*repeat Egyptian move*)

It's a red and gold (hand on right hip)
And a purple too (*hand on left hip*)
That's why it's called
A rickabamboo (*hands wave down*)

Squirrel, Squirrel

Squirrel, squirrel, shake your bushy tail
Squirrel, squirrel, shake your bushy tail
Wrinkle up your nose and put it between your toes
Squirrel, squirrel, shake your bushy tail

Super Lizard

(Clap hands above head and move up and down)

Super Lizard

Super lizard

(Punch air in front of you)

See him swim, HA

See him swim, HA

(Move hands in "snake" motion)

In and out of water

In and out of water

(Flap hands, and say in high-pitch voice)

With his fins

With his fins

(Repeat, humming a section each time –for example, the second round hum the first part, third round hum first 2 sections, until you hum all of them)

This little light of mine

This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
This little light of mine, I'm gonna let it shine
Let it shine, let it shine, let it shine

YOU UpClap

(Basically a call-and-repeat)

(Movements: hit knees, then clap – keep doing this)

Y

Y O

Y O U

Unity

Unity

We are the youth of unity

Truth seeking, fun loving, youth of unity

We believe in knowing that the truth will set us free

Living, loving, laughing, learning, letting ourselves be free

(Move hands in circular motion)

Dig us 'cause we practice spirituality everyday

(Clap again)

Unity

(All together)

Unity – WOO!

Pepe

This is Pepe

This is the house
This is the house of Pepe
But this is Pepe

This is the door
This is the door to the house of Pepe
But this is Pepe

These are the keys
These are the keys to the door to the house of Pepe
But this is Pepe

This is the mouse
This is the mouse who took the keys to the door to the house of Pepe
But this is Pepe

This is the cat
This is the cat who ate the mouse who took the keys to the door to the house of Pepe
But this is Pepe

This is the dog
This is the dog who chased the cat who ate the mouse who took the keys to the door to the house of Pepe
But this is Pepe

This is the man
This is the man who pet the dog who chased the cat who ate the mouse who took the keys to the door to the house of Pepe
But this is Pepe

This is the woman
This is the woman who scolded the man who pet the dog who chased the cat who ate the mouse who took the keys to the door to the house of Pepe
But this is Pepe

Penguin Song

Have you ever seen, a penguin go to tea?
Take a look at me, a penguin you will see.
Penguins, attention! Penguins, salute!
Right flipper!

Have you ever seen, a penguin go to tea?
Take a look at me, a penguin you will see.
Penguins, attention! Penguins, salute!
Right flipper, left flipper!

Have you ever seen, a penguin go to tea?
Take a look at me, a penguin you will see.
Penguins, attention! Penguins, salute!
Right flipper, left flipper, right foot!

Have you ever seen, a penguin go to tea?
Take a look at me, a penguin you will see.
Penguins, attention! Penguins, salute!
Right flipper, left flipper, right foot, left foot!

Have you ever seen, a penguin go to tea?
Take a look at me, a penguin you will see.
Penguins, attention! Penguins, salute!
Right flipper, left flipper, right foot, left foot, turn around!

Have you ever seen, a penguin go to tea?
Take a look at me, a penguin you will see.
Penguins, attention! Penguins, salute!
Right flipper, left flipper, right foot, left foot, turn around, sit down!

Uk-a-lea

This is a call and repeat song!
So say what I say
And do what I do

Uk-a-lea! (*Jump up and punch down*)
A Rikki-tikki to-a! (*Pound drums*)
A massa massa massa! (*Pound chest*)
All a-way all-o all-a-way-a (*Cup hands around mouth*)
(*Repeat three-four times, getting quieter and quieter until you're just doing movements. Be really loud for the last round*)

Da Moose

This is a call and repeat song!
So say what I say!
And do what I do!

Da moose, da moose
Swimming through ze water
Eating up his dinner
Where did he go?
I said where did he go?
He went to sleep.

Dead moose, dead moose
Floating in ze water
He no eat his dinner
Where did he go?
I said where did he go?
He decomposed.

Zombie moose, zombie moose
Crawling through ze water
Biting people's heads off
Where did he go?
I said where did he go?
Seriously I'd like to know if there's a zombie going around biting people's
heads off!

Pirate moose, pirate moose
Sailing on ze water
Burying his treasure
Where did he put it?
I said where did he put it?
Really I'd like to know because I could use some treasure right now!

Ninja moose, ninja moose
Walking on ze water
Assassinating people
Where did he- (*fall down*)

Man of the sea

Man of the sea
Bobbin' up and down like this
Sailing the ocean
Bobbin' up and down like this
You don't know how hard it is
Bobbin' up and down like, bobbin' up and down like this

Man of the sea
Bobbin' up and down like, swabbin' up the deck like this
Sailing the ocean
Bobbin' up and down like, swabbin' up the deck like this
You don't know how hard it is
Bobbin' up and down like, swabbin' up the deck like, bobbin' up and
down like, swabbin' up the deck like this

Man of the sea
Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like this
Sailing the ocean
Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like this
You don't know how hard it is
Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like, bobbin' up and down like, swabbin' up the deck like,
hoistin' up the sails like this

Man of the sea
Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like, bringin' in the fish like this
Sailing the ocean
Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like, bringin' in the fish like this
You don't know how hard it is
Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like, bringin' in the fish like, bobbin' up and down like, swabbin'
up the deck like, hoistin' up the sails like, bringin' in the fish like this

Man of the sea
Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like, bringin' in the fish like, hitchin' up your hitch like this
Sailing the ocean

Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like, bringin' in the fish like, hitchin' up your hitch like this
You don't know how hard it is

Bobbin' up and down like, swabbin' up the deck like, hoistin' up the
sails like, bringin' in the fish like, hitchin' up your hitch like, bobbin'
up and down like, swabbin' up the deck like, hoistin' up the sails like,
bringin' in the fish like, hitchin' up your hitch like this

A-tooty-tot

EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

LEADER: arms out!

OTHERS: arms out!

EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

LEADER: arms out!

OTHERS: arms out!

LEADER: thumbs up!

OTHERS: thumbs up!

EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

LEADER: arms out!

OTHERS: arms out!

LEADER: thumbs up!

OTHERS: thumbs up!

LEADER: elbows in!

OTHERS: elbows in!

EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

LEADER: arms out!

OTHERS: arms out!

LEADER: thumbs up!

OTHERS: thumbs up!

LEADER: elbows in!

OTHERS: elbows in!

LEADER: feet apart!

OTHERS: feet apart!

EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

LEADER: arms out!

OTHERS: arms out!

LEADER: thumbs up!

OTHERS: thumbs up!

LEADER: elbows in!

OTHERS: elbows in!

LEADER: feet apart!

OTHERS: feet apart!

LEADER: knees together!

OTHERS: knees together!

EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

LEADER: arms out!

OTHERS: arms out!

LEADER: thumbs up!
OTHERS: thumbs up!
LEADER: elbows in!
OTHERS: elbows in!
LEADER: feet apart!
OTHERS: feet apart!

LEADER: knees together!
OTHERS: knees together!
LEADER: butt out!
OTHERS: butt out!
EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
LEADER: arms out!
OTHERS: arms out!
LEADER: thumbs up!
OTHERS: thumbs up!
LEADER: elbows in!
OTHERS: elbows in!
LEADER: feet apart!
OTHERS: feet apart!
LEADER: knees together!
OTHERS: knees together!
LEADER: butt out!
OTHERS: butt out!
LEADER: head back!
OTHERS: head back!
EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
A-tooty-tot, a-tooty-tot, a-tooty-tot-tot
LEADER: arms out!
OTHERS: arms out!
LEADER: thumbs up!
OTHERS: thumbs up!
LEADER: elbows in!
OTHERS: elbows in!
LEADER: feet apart!
OTHERS: feet apart!
LEADER: knees together!
OTHERS: knees together!
LEADER: butt out!
OTHERS: butt out!
LEADER: head back!
OTHERS: head back!
LEADER: tongue out!
OTHERS: tongue out!
EVERYONE: A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

A-tooty-tot, a-tooty-tot, a-tooty-tot-tot

Aardvarks are my friends

(To the tune of Yankee Doodle – get faster each time)
Aardvarks are my friends

Tarzan

This is a call and repeat song!
So say what I say,
And do what I do!

Taaarzan!
Swingin' on a rubber band! *Pretend to swing around*

Taaarzan!
Smacked into a frying pan! *Smack hands together*

Now Tarzan has a tan! *Stroke one hand down arm*

And I hope it don't peel!
Like a banaaana! *Pound chest*

Jaaane!
Flying in her airplane! *Spread arms like an airplane*

Jaaane!
Crashed into a freeway lane! *Smack hands together*

Now Jane has a pain! *Touch cheek with one finger*
And Tarzan has a tan! *Stroke hand down arm*

And I hope it don't peel!
Like a banaaana! *Pound chest*

Cheeeetah! *Put hands together like a cat*
Movin' to the beat-a! *Dance*

Cheeeetah! *Put hands together like a cat*
Got eaten by an amoeba! *Make eating motions with hands*

Now Cheetah is Velveeta! *Make spreading motion with hands*
And Jane has a pain! *Touch cheek with one finger*
And Tarzan has a tan! *Stroke hand down arm*

And I hope it don't peel!
Like a banaaana! *Pound chest*

Rhoonda!
Cruisin' in her Honda! *Put arm out like steering*

Rhoonda!

Crashed into a pond-a! *Smack hands together*

Now Rhonda has no Honda! *Be sassy*
And Cheetah is Velveeta! *Make spreading motion with hands*
And Jane has a pain! *Touch cheek with one finger*
And Tarzan has a tan! *Stroke hand down arm*

And I hope it don't peel!
Like a banaana! *Pound chest*

Have you ever gone a-fishin'

Have you ever gone a-fishin' on a bright and sunny day
With all the little fishies swimmin' up and down the day
With your hands in your pockets and your pockets in your pants
And all the little fishies do the hootchie-kootchie dance
Tra la la la la
Tra la la la
With your hands in your pockets and your pockets in your pants
And all the little fishies do the hootchie-kootchie dance

Pizza Man

This is a call and repeat song
So say what I say
And do what I do

With this pizza box in my hand
I'm gonna be a pizza man
Pizza man
I'm gonna be a pizza man

With these car keys in my hand
I'm gonna drive a Chevy van
Chevy van
Pizza man
I'm gonna be a pizza man

With this basketball in my hand
I'm gonna be like Michael Jordan
Michael Jordan
Chevy van
Pizza man
I'm gonna be a pizza man

With these nunchucks in my hands
I'm gonna be like Jackie Chan
Jackie Chan
Michael Jordan
Chevy van
Pizza man
I'm gonna be a pizza man

With this light saber in my hand
I'm gonna be like Anakin
Anakin
Jackie Chan
Michael Jordan
Chevy van
Pizza man
I'm gonna be a pizza man

Slow Songs

Angel, Angel

Angel, Angel
You are an Angel
I see an Angel
In your eyes

Cradle me

Cradle me, cradle me
Carry me, carry me
Gently together, together forever
Oh God
Oh God
Oh God

How could anyone ever tell you?

How could anyone ever tell you
You are anything less than beautiful
How could anyone ever tell you
You are less than whole
How can anyone fail to notice
That your love, it is a miracle
How deeply you're connected to my soul

Humble Thyself

BOYS: Humble thyself in the sight of the Lord

GIRLS: Humble thyself in the sight of the Lord

BOYS: Humble thyself in the sight of the Lord

GIRLS: Humble thyself in the sight of the Lord

BOYS: And he

GIRLS: And she

BOYS: Shall lift

GIRLS: Shall lift

TOGETHER: You up – higher and higher and

BOYS: He

GIRLS: And she

BOYS: Shall lift

GIRLS: Shall lift

TOGETHER: You up

(Repeat once, humming)

I am opening

I am opening

I am opening

I am opening

I am opening

I am opening up in sweet surrender
To the luminous love light of the one

I am so blessed

I am so blessed
I am so blessed
I am so grateful, for all that I have
I am so blessed
I am so blessed
I am so grateful, I am so blessed

Peace Song

Let there be peace on earth
And let it begin with me
Let there be peace on earth
The peace that was meant to be

With God our creator
Family all are we
Let us walk with each other
In perfect harmony

Let peace begin with me
Let this be the moment now
With every step I take
Let this be my joyous vow

To take each moment
And live each moment
In peace eternally

Let there be peace on earth
And let it begin, with me

Roots

My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down.

I am a willow swaying in the breeze,
I am a willow swaying in the breeze,
I am a willow swaying in the breeze,
My roots go down.

My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down.

I am a flower on a mountain side,
I am a flower on a mountain side,
I am a flower on a mountainside,
My roots go down.

My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down.

I am a pebble in a riverbed,
I am a pebble in a riverbed,
I am a pebble in a riverbed,
My roots go down.

My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down.

I am a willow swaying in the breeze,
I am a flower on a mountainside,
I am a pebble in a riverbed,
My roots go down.

My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down, down to the ground,
My roots go down.

Our thoughts are prayers

Our thoughts are prayers, and we are always praying.
Our thoughts are prayers; listen to what you're saying.
Seek a higher consciousness, a state of peacefulness,
 And know that God is always there,
 And every thought becomes a prayer.
Our thoughts are prayers, the tools that we create with.
 Our thoughts are prayers that Spirit resonates with.
Seek a higher consciousness, a state of mindfulness,
 And know that God is always there,
 And every thought becomes a prayer.

Sanctuary

Lord prepare me,
To be a Sanctuary
Pure and holy,
Tried and true.

With thanksgiving,
I'll be a living
Sanctuary,
For you.

Lord teach the children
To stop the fighting,
Start uniting,
Live as one

Let's get together
Love each forever
Sanctuary
For You

DOUPs

All I ask of you

All I ask of you
Is forever to remember me
As loving you

All I ask of you
Is forever to remember me
As loving you

Bismayla

Bismallah (bis may lah)
Alhamdulillah (al home doo day lah)
Lahilaha Illallah (lah, eel ah ha, eel all ah)

Eh Malama

Eh Malama Eh Ká Há Ou
Eh Malama Eh Ká Há Ou
Eh Malama Pono Eh Ká Há Ou
Eh...
(x2)
Earth & Sky,
Sea & Stone,
Hold this Land in Sacredness
(x2)

Go Vinda

Radhe Radhe Radhe, Govinda Vo Lo
Radhe Radhe Radhe, Govinda Vo Lo
Govinda Govinda Govinda

(x2)

Ra de vo (clap clap clap)

Ra de vo (clap clap clap)

Ra de vo (clap clap clap)

Ra de ra de

Ra de vo (clap clap clap)

Ra de vo (clap clap clap)

Ra de vo (clap clap clap)

How could anyone ever tell you?

How could anyone ever tell you
You are anything less than beautiful
How could anyone ever tell you
You are less than whole
How can anyone fail to notice
That your love, it is a miracle
How deeply you're connected to my soul

In Lak'esh

In Lak'esh, Al Ak'in
In Lak'esh, Al Ak'in
In Lak'esh, Al Ak'in
Ah Ouh Il Lah

Kuate

Kuate
Leno Leno, Mahote
Hiano, hiano, hiano
(x2)
We are all one, with the infinite sun
Forever, and ever, and ever.
(x2)

Om Mani Padme Hum

Open up my heart like a rose
Let the love flow out and in
Let go of Mind
That thinks it knows
Where I'm going
And where I've been
Ohm Mani Padme Hum
Ohm Mani Padme Hum
Ohm Mani Padme Hum
Ohm Mani Padme Hum

Thanda

Thanda
oo mel wan i
Jango Ku
Ba utzee Tand

You are so beautiful

You are so beautiful
You are so wonderful
And my heart is open wide to let you in
You are so beautiful
You are so wonderful
And I do love you as you are, my friend.

I am opening

I am opening
I am opening
I am opening
I am opening
I am opening up in sweet surrender
To the luminous love light of the one

Gate

Gate Gate
Pāragate
Pārasaṃgate
Bodhi Svāhā