

Bobs & Lolo

music ★ movement ★ make-believe

Lyrics from Bobs & Lolo - Action Packed

Action Packed

Cheer each other on
Having lots of fun
Work together as a team
Run, walk, jump and slide
Throw, pass, catch and dive
Going after all your dreams

Chorus

You gotta just jump in, action packed
Get your heart thumpin', action packed
C'mon it's time to move, find your groove,
We can play, everyday
Growing big and strong,
C'mon and sing along
You gotta just jump in!

Sports and games are great
It's fun to participate
Try your best and you will see
Practice all your moves
And soon you will improve
Be the best that you can be

Chorus

Bridge

We believe in you
And all that you can do
You can be anything that you want to be
You can succeed

Chorus

C'mon it's time to move, find your groove,
We can play, everyday, participate, co-operate,
just believe and you'll succeed
5, 4, 3, 2, 1 Action!

Muscles

Every day I wake up and I stretch and bend and hold
Get my body ready with a curl, dip and roll
Warming up before I start to walk, run or play
Stretching my way into the day

Chorus

Muscles, muscles you're the best
We're gonna put you to the test
Watch close and follow me
Here we go now - 1, 2, 3
Bend your legs – you're looking great
Flex your arms and stretch them straight
Touch your toes and reach up high
You can do it! Try, try, try!

Groups of muscles work together for each pose
Biceps and hamstrings and little ones in your toes
Working together, helping keep you straight and tall
Giving you balance so you won't fall

Chorus

Bridge

Take care of your muscles; and they'll take care of you
Warm-up and stretch it out; it's the healthy thing to do
Eat lots of yummy treats; fruits and veggies do the trick
Throw in some exercise to keep you strong and fit

The human body is a mystery machine
Just start to move your muscles to get what I mean
So many pieces work to give us a chance
To skip and jump and hop and dance

Chorus

Playtime

It's playtime, it's time to play
I think I'll dress up like a super hero today
I'm gonna stack blocks and knock 'em all down
Build a train track and choo choo around
And then I'll suit up and blast off into space
First one 'round the moon wins the rocket ship race
This is so fun; playtime is the best
Hey! How'd this room turn into such a mess! Uh-oh!

Chorus

Now it's time to clean-up
Put everything away
So all the toys are ready for another day to play
Keep it up a few more things to go
And I'll be off on more adventures tomorrow

It's playtime, it's time to play
I'm heading off exploring for some dragons today
I'd like to see one or three or four
But instead I come across a bunch of dinosaurs
I'm playing hop-scotch and stompin' around
And at the same time celebrating with some roarin' sounds
(Roar!)
This is so fun; playtime is the best
Uh-oh! I think I went and made another mess

Chorus

Now it's time to clean-up
Tidy up the mess,
I'm doing a great job cleaning up the rest
Keep it up! The floor is starting to show
And I'll be off on more adventures tomorrow

Bridge

Cleaning up is all part of the fun
You just have to use your imagination
If we all join in and do our part
The sooner more adventures can start

Chorus

Now it's time to clean-up
Put everything away
So all the toys are ready for another day to play
Keep it up! A few more things to go
And I'll be off on more adventures tomorrow

The Right Track

Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-woo-hoo
Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-choo!

Right hand, left hand, forms the chain
That helps to build our friendship train
Reach beside you, grab a hold
'Cause this train's really gonna rock n' roll!

Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-woo-hoo
Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-choo!

Join together; work as a team
To give this locomotive steam
We're all aboard, ready to go
Come on let's make that whistle blow

Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-woo-hoo
Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-choo!

Bridge

With our friends we've got the hands we need
To keep the engine moving as a team
Chug-along, clickety-clack
All aboard! (break) We're on the right track!

Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-woo-hoo
Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-choo!

So much to do; so much to see,
The friendship train is the place to be,
Moving forward, there's no turning back,
C'mon everyone we're on the right track

Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-woo-hoo
Chugga-chugga-chugga-chugga-choo-choo
Chugga-chugga-chugga-chugga-choo!

Just Like That

We use power to help get us the things that we need
Like water, heat and electricity
But if we use too much
We might run out
And that's what the Power Smart™ song is about

Chorus

You've got to:
Turn off the tap
Switch off the lights
Use your bath towel more than twice
It's as easy as that, a tap, snap and a clap
And you'll be Power Smart™ just like that

When you brush your teeth don't let the water run
Use a little bit to rinse when your brushing is done,
And when you've finished your bath
Hang your towel to dry,
These are a few tips that you can try

Chorus

Bridge

Let's be Power Smart™
Let's all do our part
Now's the time to start
Being Power Smart™ !

When you're done on the computer or watching TV
Turn them off and save electricity
And when you've finished with that
And you're leaving the room
Switch off the lights while singing this tune

Chorus

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World of Words

Once upon a time they say
Or happily ever after
The moral of the story is
That every word does matter

Nouns and verbs and adjectives
Are just building blocks to me
It's the magic of the words themselves
That makes me want to read

Chorus

Fairytales and mysteries
Adventure books and ghost stories
A world of words on every page
Where imagination sets the stage
Novels that are big and small
With practice you can read them all

Each and every book I read
Has a life of its own
The first word only plants the seed
For each story or poem

A book is more than just a thing
It's like a newfound friend
That I visit every day
Until I reach the end

Chorus

Bridge

A world of words
Inside my head
With every page I read
Words guide me through
Familiar and new
Both real and make-believe

Once upon a time they say
Or happily ever after
The moral of the story is
That every word does matter

Nouns and verbs and adjectives
Are just building blocks to me
It's the magic of the words themselves
That makes me want to read

Friends

Friends - Someone to play with
And spend your day with
Someone who cares

Friends - Someone to run with
And have lots of fun with
Someone who shares

Friends - People you grow with
Play in the snow with
And swim in the sea

Friends - Have different faces
Come from different places
That's just fine with me

Chorus
I'd like to count aloud with you - 1,2,3
And practice all the letters too - A, B, C
I'd like to sing along with you - Doe, Rae, Me
Join in and you can do it too - You & Me

Friends - Someone to laugh with
Do arts and crafts with
And share all your dreams

Friends - Someone you read with
Learn to succeed with
You make a great team

Friends - are part of your family
Although they can be
From near or from far

Friends - standing beside you
Because they like you
For just who you are

Chorus

Bridge
Sometimes there'll be a day
Where everything is looking grey
You're sad and blue, but that's okay
Cause a smile from a friend will brighten your day

Chorus

Litterbug Jive

There was a little bitty litterbug just hanging around,
His bad behaviour really made the other bugs all frown,
He was a litterbug,
His name was Clive,
And this is a song about him called the Litterbug Jive

Chorus

Oh Litterbug, Clive the Litterbug
You can't sweep that litter under the rug
Oh litterbug, Clive the litterbug
A little Litterbug!

We asked him one day "Clive, just what's the matter with you?"
Why do you keep on doing all those little things that you do?
It's time to stop,
And make a change,
Please don't allow this litterin' lifestyle to remain

Chorus

Clive stopped for a moment and he tilted his head,
He closed his eyes and thought hard and here's what he said,
I'm a litterbug,
That's all I have,
I don't have another lifestyle I can choose or grab!

Chorus Reprise

I'm a litterbug, just Clive the litterbug,
Please don't sweep me under the rug,
I'm a litterbug! Just Clive the litterbug
A little Litterbug

So here's what we did...

We talked amongst ourselves and we thought things through,
There must be a way to help him find the right thing to do,
Then we had it,
A brand new role,
It was time for Clive the litterbug to find a new goal

Chorus

Oh Litterbug, Clive the Litterbug
No need to sweep your litter under the rug
Oh Litterbug, Clive the Litterbug
Oh little Litterbug!

And from that day forward Clive the litterbug
changed his game,
But he decided to hold onto his litterbug name,

He had a new job,
The best in town,
Picking up all of the litter that was lying around

Chorus

Oh Litterbug, Clive the Litterbug,
He won't sweep that litter under the rug
(We want to give you a great big hug!)
Oh Litterbug, Clive the Litterbug,
Oh little litterbug!

It's Nice to be Polite

You're sitting in class with something to say
and you want to ask your teacher right away,
You don't want to call out and make a scene
Cause there's a better way to say what you mean
You need to sit tight and raise your hand
That's right, it's nice to be polite
Then your teacher will understand
Well all right, it's nice to be polite

Your parents cooked you, some tasty food
You'd like to have more, but don't want to be rude
There are some magic words that you can say,
To help ask for more in the nicest way
You've got to, say please can you pass the peas
That's right, it's nice to be polite
And if you say thank you, then you're folks will be pleased
Well all right, it's nice to be polite

Chorus

If you want to have manners that are outta sight,
Just sing this song and you'll be doing it right
You can be a delight, every day and every night
Well all right, it's nice to be polite

When you make a noise you don't mean to,
Like a burp, a toot or a big aaaachooooo!
Whether quiet as a mouse or loud as a bus,
Just use your manners, don't make a fuss,
There are two words that are the key,
That's right, it's nice to be polite,
If you burp, toot or sneeze say excuse me
Well all right, it's nice to be polite

Chorus

If you want to have manners that are outta sight,
Just sing this song and you'll be doing it right
You can be a delight, every day and every night
Well all right, it's nice to be polite

Something Special

Chorus

There's a bit of something special
In every one of us
A little superhero
Rock star or princess
There's a bit of something special
That makes me clearly see
You are something special to me

There's a superhero flying right inside of you
With the power to help you get through anything new
And the strength to take you to the highest height
To always try your best and do what's right

Chorus

There's a rock star shining from within you every day
With star potential that is surely here to stay
And talents deep inside you that we hope you'll share
To teach us all to love and help and care

Bridge

When you're feeling things get tough
And you're tired or you've had enough
Just think about what makes you who you are
A rockin' superhero shining star

There's a fairy princess standing right before my eyes
With long flowing hair and castle towers in the skies
And the magical ability you've always found
To bring smiles to the people all around

Chorus

Snappy Snacks

I eat a lot of foods that are good for me
My body needs the calories
To help me run and jump and climb
And make things work inside my mind,

Chorus 1

Snap, snap, snappy snacks
To help stop all those hunger attacks
Quick and snappy healthy treats
The snacks we love to eat!

My tastebuds crave these healthy treats
Salty, sour, bitter and sweet
Sliced up veggies, crackers and cheese
Grapes and pickles and blueberries

Chorus 2

Snap, snap, snappy, snacks
Little treats inside my pack
Quick and snappy healthy treats
The snacks we love to eat!

Bridge

Grains, veggies, milk and fruit
Meat, eggs and bean soup
Balanced diets for us all
Keep us growing strong and tall

Chompin' and chewin' as I eat
Lots of delicious, yummy treats
Foods that melt and stick and crunch
In between breakfast, dinner or lunch

Chorus 1

Chorus 2

Oh these snappy snacks are such a treat!

Marching Together

This is a marching song about some kids I know
Who try to make a difference as they grow
They help one another and the planet Earth too
It's time to join in and grab your marching shoes!

Chorus

Stand up and march
To show that you care
Marching together
For the world that we share
Stand up and march
We can all take a part
Marching together
Is a great place to start

Put your best foot forward, you won't miss a beat
Pick up the garbage lying in the street
March for planet Earth by helping out all the time
And recycling each week or trashing litter that you find

Chorus

Once you have the rhythm, you can take it fast or slow,
Ride the bus, bike or walk everywhere you have to go,
March for planet Earth by trying hard every day,
To use friendly transportation to get you on your way!

Chorus