

A TO ZEE OF HEALTHY HABITS:

Dr Hugo the Hippo Says Keep Healthy and Happy!

Hello, friends! It's Dr Hugo! Let's sing our healthy habits, A to Zee!

[Chorus]

A to Zee of healthy habits, Sing along with me! Keep healthy, keep happy, From A to Zee!

[Verse 1]

A is for Apple, crunch and munch, Ava's shiny snack for lunch!

B is for Brushing, up and down, Ben's got the shiniest smile in town!

C is for Cover your cough, Chloe's elbow keeps germs off!

D is for Drinking, glug, glug, glug, Daniel's water in his mug!

E is for Eating breakfast bright, Emma starts her day just right!

F is for Fresh air, open wide, Finn breathes deep the air outside!

[Chorus]

A to Zee of healthy habits, Sing along with me! Keep healthy, keep happy, From A to Zee!

[Verse 2]

G is for Get dressed for rain, Grace splish-splashes down the lane!

H is for Hands, scrub, scrub, scrub, Hamza's bubbles, rub, rub, rub!

I is for "I can do it too!" Isla ties her own pink shoe!

J is for Jumping up and down, Jayden bounces all through town!

K is for Kind words, "You're my friend!" Kiara's smiles will never end!

L is for Laughing, "Ha, ha, hee!" Leo's happy as can be!

[Chorus]

A to Zee of healthy habits, Sing along with me! Keep healthy, keep happy, From A to Zee!

[Verse 3]

M is for Mindful, breathe in slow, Maya smells a flower, then lets go!

N is for Nails, snip, snip, snip, Mum helps Noah, clip, clip, clip!

O is for Outdoors, come outside, Olivia zooms down the twisty slide!

P is for Put on sunscreen, please, Priya's nose to Priya's knees!

Q is for Quiet, calm and still, Quinn's puzzle by the windowsill!

R is for Reading, snuggle in, Rosie and Grandpa, let's begin!

[Chorus]

A to Zee of healthy habits, Sing along with me! Keep healthy, keep happy, From A to Zee!

[Verse 4]

S is for Stretching to the sky, Sipho reaches, oh so high!

T is for Tidy, pack away, Thabo's toys are done today!

U is for Use a tissue, "Achoo!", Uma pops it in the bin too!

V is for Veggies, peas and beans, Vusi loves his crunchy greens!

W, wear your helmet tight, Will is ready, it fits just right!

X is for eXercise, splash and kick, Xander swims so fast and quick!

Y is for Yoga, tall like a tree, Yasmin balances, one, two, three!

Z is for Zzz, snuggle in tight, Zola whispers, "Sweet dreams, goodnight!"

[Final Chorus]

A to Zee of healthy habits, Sing along with me! Keep healthy, keep happy, From A to Zee!

[Outro]

Dr Hugo says: keep healthy and happy! Thanks for singing along with me!



SUBSCRIBE TO OUR FREE YOUTUBE CHANNEL

WWW.YOUTUBE.COM/
@THEWHIMSICALFAIRYS