

# Little Voices for Healthy Choices

## Give Me The Beat

### Experience

This is a repetitive chant that uses steady beat to teach and reinforce body parts.

To begin, the leader will talk about parts of the body.

The leader will then chant the words with parents/children echoing.

The leader will speak the words with the children/parents following.

Closure: Leader will review song and answer questions regarding the session

### Song Lyrics

Give me the beat, beat, beat,  
Give me the beat, beat, beat,  
Give me the beat, give me the beat,  
Give me the beat, beat, beat.

Clap your hands, hands, hands,  
Clap your hands, hands, hands,  
Clap your hands, clap your hands,  
Clap your hands, hands, hands.

Touch your head, head, head,  
Touch your head, head, head,  
Touch your head, touch your head,  
Touch your head, head, head.

\*Note: Other parts of the body can be used.

Song on Little Voices for Healthy Choices CD: Track 4

