

# Little Voices for Healthy Choices

## Little Frogs Jump

### Experience

Little green frogs jump ON the lily pad, ON the lily pad, see them jump!  
Little green frogs jump ON the lily pad, See those little frogs, little frogs jump!

Little green frogs jump OFF the lily pad, OFF the lily pad, see them jump!  
Little green frogs jump OFF the lily pad, See those little frogs, little frogs jump!

Little frogs hiding UNDER the lily pad, UNDER the lily pad, see them hide!  
Little frogs hiding UNDER the lily pad, See those little frogs, little frogs hide!

Little green frogs jump ON the lily pad, ON the lily pad, see them jump!  
Little green frogs jump ON the lily pad, See those little frogs, little frogs jump!

Using a large green piece of fabric (table cloth, for example) as the lily pad, children pretend to be the frogs, jumping on, jumping off, hiding under (adults lift the cloth for children to hid underneath) the cloth.

An important part of presenting this song is to sing the rhythm of each line so that the words "on," "off" and "under" are strongly emphasized.

### Impact

This experience is designed to promote heart-healthy jumping.

### Materials

Toy Frogs, Green Fun Foam and Green Fabric.

Little Voices for Healthy Choices CD Track 17

