Safe Routes Songs

Pedestrian Song
Words and Music: Phyl Lobl

Two if you are human,
Four if you’re a dog
Six if you're an insect living in a log
Eight if you're a spider in a web up on a wall
But if you are an earthworm you've got none at all

Cent can mean a hundred
Pede can mean a foot,
A centipede's a creature with a hundred pedes to put.
A millipede has many more than one can really use
It might not be a thousand but I'd hate to buy the shoes.

Bicycle Safety
Song for Teaching About Bike Safety
by John Buchanan
http://www.songsforteaching.com/johnbuchanan/bicyclesafety.htm

When riding a bicycle, please be smart
Safety first right from the start

Wear a helmet on your head
Make sure it fits, that’s what I said

Do not play around on any road
And do not carry a heavy load

Do not ride on a busy street
And do not ride while you try to eat

Always stop at every stop sign
Think safety first, and you’ll do fine

When riding a bicycle, please be smart
Safety first right from the start
Safe Routes Songs

Put Your Helmet On
Song for Teaching Bicycle Safety
By Bill Harley
http://www.songsforteaching.com/billharley/putyourhelmeton.htm

It's a beautiful day, it's sunny outside
Get out the bike let's go for a ride
Fill up the tires and the water bottle too
Then there's one more thing to do, you've got to

Chorus:
Put your helmet on your head, put a lid on it
Your brain's inside you need every little bit of it
Put your helmet on, strap it on tight
Every single time you go for a ride
If you fall off the bike and your helmet goes crack
That's okay cause your head's intact
Put your helmet on, strap it on tight
Everything will be all right

Now some kid says "That's just not cool"
But you talk like that you're just a fool
I met a lot of heads, but I never did meet
A head as hard as the street, you've got to

Chorus

Put your helmet on, put your helmet on
We're singing you this song so you will put your helmet on

If you put your helmet on it shows your smart
Cause it keeps your head from falling apart
The helmet is the thing that's a gonna protect
That itty bitty bump sitting on your neck
You can buy new clothes, new shoes you bet
But the thing between your ears is the only one yo get
All colors all sizes they look so fine
I got dinosaur stickers on mine

Everybody's wearin them everywhere you go
Your teacher and your doctor and old Aunt Flo
Tommy Terry Joey Jerry Peter Peggy Sue
Don't forget Dad, he's got brains too!
Safe Routes Songs

**Ped Safety Dance**
by the Michigan Fitness Foundation, with support in part from the National Center for SRTS
http://www.saferoutespertnership.org/resourcecenter/music-and-videos

Ped S-s-s A-a-a-a F-f-f-f E-e-e-e T-t-t-t Y-y-y-y
Ped Safety, dance!

You can walk if you want to
But don't leave your friends behind
'Cause if your friends don't walk, well if they don't walk
Then they're no friends of mine

I say, we can go when we want to
But look left right then behind
And don't run in the street, or shuffle your feet
And pay attention to the signs

...And we can walk

We can bike when we want to
Cause it's fun to bike outside
Riding bikes real sweet with our hands and our feet
No need to make our parents drive

Say, we can bike if we want to
If we don't nobody will
But don't act real rude or totally removed
Or you'll bike like an imbecile

[Refrain]
I say, we can bike, we can bike
Everything's under control
We can bike, we can bike
We're doing it from school to school
We can bike, we can bike
Everybody's taking a hike
We can bike, we can bike
With a ten speed or a trike....

Bike Safety dance
Bike Safety dance
Bike Safety dance
Safe Routes Songs

B.I.K.E. Safety
Bike Safety, dance!

We can walk when we want to
You’ve got all your life and mine
If we know how to do it, we’re never gonna lose it
Everything will work out right

I say, we can walk if we want to
But don’t leave your friends behind
’Cause if your friends don’t walk well if they don’t walk
Then they’re no friends of mine

I say, we can walk, we can walk
Everything’s under control
We can walk, we can walk
We’re doing it from home to school
We can walk, we can walk
Everybody’s walking the talk’
We can walk, we can walk
We’ll watch for traffic like a hawk

Ped safety dance, Ped safety dance, Ped safety dance

Ped S-s-s-s A-a-a-a F-f-f-f E-e-e-e T-t-t-t Y-y-y-y
Ped Safety, dance!
Safe Routes Songs

When We’re Walking
(Sung to the tune of Rain is Falling Down)

Hold a grown up’s hand, hold a grown up’s hand,
   When we’re walking to the shops,
       Hold a grown up’s hand.
Hold a grown up’s hand, hold a grown up’s hand,
   When we’re walking near the cars,
       Hold a grown up’s hand.
Hold a grown up’s hand, hold a grown up’s hand,
   When we walk across the road,
       Hold a grown up’s hand.
Hold a grown up’s hand, hold a grown up’s hand,
   When we walk across the road,
       Hold a grown up’s hand.
**Safe Routes Songs**

**Sample of Videos on YouTube**

**Red Light! Green Light!**
http://www.youtube.com/watch?feature=player_embedded&v=KbRW73P24V8

**Bicycle Safety Rap Song about Lights**
http://www.youtube.com/watch?feature=player_embedded&v=j3ro3dRkn78

**Do the Ped Safety Dance**
http://www.youtube.com/watch?v=ltZI3qvQEuc

**Safe Out the Door**
http://www.youtube.com/watch?v=qPMcEBIqVWo

"I want to walk", "Ride my bike"


Won't Start Texting

http://www.youtube.com/watch?v=XBVb49svhpo&feature=player_embedded