

# Thumbs Up! Game

**If You Say NO to Soft Drink Clap Your Hands**

(song)

page 1

If you're healthy and you know it clap your hands  
If you're healthy and you know it clap your hands  
If you're healthy and you know it  
Then you really ought to show it  
If you're healthy and you know it clap your hands

If you drink lots of water clap your hands  
If you drink lots of water clap your hands  
If you drink lots of water  
Well you know you really oughta  
If you drink lots of water clap your hands

If you say no to soft drink clap your hands  
If you say no to soft drink clap your hands  
If you say no to soft drink  
Then you've really had a think  
If you say not to soft drink clap your hands



© **Thumbs Up 2011**



# Thumbs Up! Game

**If You Say NO to Soft Drink Clap Your Hands**

(song)

page 2

If you avoid sugary drinks clap your hands  
If you avoid sugary drinks clap your hands  
If you avoid sugary  
Then your teeth will be happy  
If you avoid sugary drinks clap your hands

If you drink water first clap your hands  
If you drink water first clap your hands  
If drink water first  
It will quench your thirst  
If you drink water first clap your hands

If you brush teeth twice a day clap your hands  
If you brush teeth twice a day clap your hands  
If you brush twice a day  
You'll keep the rot away  
If you brush twice a day clap your hands



© **Thumbs Up 2011**

