

Rachel & the TreeSchoolers

Rachel and the TreeSchoolers Theme Song

Rachel and the TreeSchoolers

Rachel and the TreeSchoolers

I'm Penny

I'm Simon

I'm Abacus Finch

Rachel and the TreeSchoolers

Chroma Chameleon

Yo, I'm Isaac Newt, (ha, ha)

Rachel and the TreeSchoolers

Abigail Nightingale

The firefly, Hue

Rachel and the TreeSchoolers

Bongo (ha ha ha ha)

And me Tomas, you'll love me

Rachel and the TreeSchoolers

We love Preschool

We love TreeSchool

Rachel and the TreeSchoolers



Rachel & the Tree Schoolers

I Wonder

I wonder
Do you wonder?
It all begins with wonder
With a question on your mind
You will find the world is wonderful

I wonder
Do you wonder?
The world is full of wonder
Every day is a surprise
You and I will find the wonderful

I wonder how I can stay healthy
I wonder how to keep the germs away
I wonder about eating
I wonder about sleeping
Let's find a happy, healthy way today

I wonder
Do you wonder?
It all begins with wonder
With a question on your mind
You will find the world is wonderful
With a question on your mind
You will find the world is wonderful



Rachel & the Tree Schoolers

Taking Care of Me

I'm here, I'm me
I'm the best me I can be
I'm the only me I'll ever get to be
There's just one of me!

You're here, you're you
And you are shining through
You're the best you
And there's only one of you

So I'm taking care of me
By eating healthy things
That's how I take care of me

And you're taking care of you
You're eating healthy too
That's how you take care of you

And I'm taking care of me
By keeping myself clean
That's how I take care of me

And you're taking care of you
You keep yourself clean too
That's how you take care of you

I'm here, I'm me
I'm the best me I can be
I'm the only me I'll ever get to be

You're here, you're you
And you are shining through
You're the best you
And there's only one of you



So I'm taking care of me
By keeping my teeth clean
That's how I take care of me

And you're taking care of you
You keep your teeth clean too
That's how you take care of you

And I'm taking care of me
By making sure I sleep
That's how I take care of me

And you're taking care of you
You're getting your sleep too
That's how you take care of you

Fruits and vegetables, yum, yum, yum
Fruits and vegetables, yum, yum, yum
Scrub, scrub, scrub, scrub, I smell good
Scrub, scrub, scrub, scrub, I smell good
Brush, brush, brush, brush my teeth shine
Brush, brush, brush, brush my teeth shine
Sleep, rest, *yawn*
Sleep, rest, *yawn*

I'm here, I'm me
I'm the best me I can be
I'm the only me I'll ever get to be

You're here, you're you
And you are shining through
You're the best you
And there's only one of you

So we're eating healthy things
Keeping ourselves clean
Brushing our teeth
Getting our sleep
That's how I take care of me

Rachel & the Tree Schoolers

Scrub

Oh man, have you seen your hands?
You've gotta clean them up every time
You're playing with your pets or you've made a mess
Before and after your mealtimes

You've gotta scrub, scrub, scrub to get rid of germs and bugs
Scrub, scrub, scrub to get rid of germs and bugs
You've gotta scrub, scrub, scrub to get rid of germs and bugs
Soap and water will be enough; they're really tough, uh

Oh man, have you seen your hands?
You've gotta clean them up every time
You sneeze or cough and every time you flush
Or taking out the garbage each night

You've gotta scrub, scrub, scrub to get rid of germs and bugs
Scrub, scrub, scrub to get rid of germs and bugs
You've gotta scrub, scrub, scrub to get rid of germs and bugs
Soap and water will be enough; they're really tough, uh

Scrub! You've gotta scrub
You've gotta scrub.
Scrub, scrub, scrub, scrub, scrub
Scrub! You've gotta scrub
You've gotta scrub
Scrub, scrub, scrub, scrub, scrub

Oh man, have you seen your hands?
You've gotta clean them up every time
You're playing with your pets or you've made a mess
Before and after your mealtimes

You've gotta scrub, scrub, scrub to get rid of germs and bugs
Scrub, scrub, scrub to get rid of germs and bugs
You've gotta scrub, scrub, scrub to get rid of germs and bugs
Soap and water will be enough; they're really tough, uh



Rachel & the Tree Schoolers

Eat a Rainbow

Red, orange and yellow, green and blue, indigo and violet too
I can eat a rainbow; yes I can eat a rainbow
You can eat a rainbow too

Red, orange and yellow, green and blue, indigo and violet too
I can eat a rainbow; yes I can eat a rainbow
You can eat a rainbow too

Calcium helps your bones stay strong
It helps your blood and muscles too
Vitamin A helps your vision and skin
Folate helps your body heal wounds
Vitamin C helps you fight infection
And it helps you when you're hurt
Iron brings oxygen to your cells
Fiber helps you digest food



Red, orange and yellow, green and blue, indigo and violet too
I can eat a rainbow; yes I can eat a rainbow
You can eat a rainbow too

Red! Orange! Yellow! Green! Blue! Indigo! Violet!
Red! Orange! Yellow! Green! Blue! Indigo! Violet, too
Red, orange and yellow, green and blue, indigo and violet too
I can eat a rainbow; I can eat a rainbow
You can eat a rainbow too!

Rachel & the Tree Schoolers

Time to Sleep

There's time to play every day
There's time to wash and eat
There's time to drink and time to wake
But don't forget your sleep

So sleep, sleep, sleep little one
Sleep, sleep, sleep
As you sleep, your body grows
As you grow, your body knows
It's time to sleep
So sleep, sleep, sleep little one
Sleep, sleep, sleep
As you sleep your body rests
As you rest, your body gets it's time to sleep

There's time to hug and hands to hold
There's time to clean your things
There's time to draw and time to read
But don't forget your sleep

So sleep, sleep, sleep little one
Sleep, sleep, sleep
As you sleep, your body grows
As you grow, your body knows
It's time to sleep
So sleep, sleep, sleep little one
Sleep, sleep, sleep
As you sleep your body rests
As you rest, your body gets it's time to sleep



Rachel & the TreeSchoolers

Groove with Me

When I say dance, I want to see you dance
When I say jump, I want to see you jump
When I say spin, I want to see you spin with me

When I say walk, I want to see you walk
When I say run, I want to see you run
When I say march, I want to see you march with me

There's a hundred ways to move, plus a hundred things to do
We can wiggle, we can giggle, you can groove with me

Dance (dance), jump (jump), spin (spin), walk (walk), run (run)
March, march, march, march, march
Groove with me

When I say bike, I want to see you bike
When I say hike, I want to see you hike
When I say swim, I want to see you swim with me

When I say shake, I want to see you shake
When I say freeze, I want to see you freeze
When I say kick, I want to see you kick with me

There's a hundred ways to move, plus a hundred things to do
We can wiggle, we can giggle, you can groove with me

Bike (bike), hike (hike), swim (swim)
Shake, shake, shake, shake, shake – freeze, kick (kick)
Groove with me
Groove with me, yeah!
Groove with me, yeah!



Rachel & the Tree Schoolers

If You're Healthy and You Know It

If you're healthy and you know it, take a bath
If you're healthy and you know it, take a bath
If you're healthy and you know it, then you're shiny body shows it
If you're healthy and you know it, take a bath

If you're healthy and you know it, wash your hair
If you're healthy and you know it, wash your hair
If you're healthy and you know it, then you're sparkling hair will show it
If you're healthy and you know it, wash your hair
Take a bath!

If you're healthy and you know it, wash your hands
If you're healthy and you know it, wash your hands
If you're healthy and you know it, then you're shiny nails will show it
If you're healthy and you know it, wash your hands
Wash your hair! Take a bath!

If you're healthy and you know it, brush your teeth
If you're healthy and you know it, brush your teeth
If you're healthy and you know it, then you're sparkling teeth will show it
If you're healthy and you know it, brush your teeth,
Wash your hands! Wash your hair! Take a bath!

If you're healthy and you know it, floss your teeth
If you're healthy and you know it, floss your teeth
If you're healthy and you know it, then you're healthy gums will show it
If you're healthy and you know it, floss your teeth,
Brush your teeth! Wash your hands! Wash your hair! Take a bath!



Rachel & the Tree Schoolers

The Safety Song

Look left, right, left (look left, right left)
Helmet on head (helmet on head)
Seat belt just right (seat belt just right)
Be safe outside (be safe outside)

If you cross the street (cross)
Just be sure to look both ways (both ways)
First look to the left, then look to the right
Then left again to be safe (be safe)

You can bike outside (bike)
You can skate or scoot around (skate, scoot)
Strap your helmet on tight, safety pads on right just in case you fall down (uh oh)

Look left, right, left (look left, right, left)
Helmet on head (helmet on head)
Seat belt just right (seat belt just right)
Be safe outside (be safe outside)

You can take a ride (ride) in the back seat of the car (back seat)
Booster seat in right, strap your seat belt tight
Even if you don't drive far (drive far)
When you play outside (play) in the bright and shining sun (bright sun)
Have your dad or mom help you block the sun
Getting sunburned is no fun (no fun)

Look left, right, left (look left, right, left)
Helmet on head (helmet on head)
Seat belt just right (seat belt just right)
Be safe outside (be safe outside)



Rachel & the Tree Schoolers

Share It

Yes, you've wondered,
You kept on asking
You kept on asking 'til you understood
And now that you know the answer
There's just one more thing
You have to do

Go share it with a friend
Share it with a friend
Share it with a friend
Yes, anyone will do

Go share it with a friend
Share it with a friend
When you share it with a friend
It becomes a part of you

You can share it with a grown up
A baby or a shoe
You can share it with a neighbor
A bird or bee or newt

Go share it with a friend
Share it with a friend
When you share it with a friend
It becomes a part of you

