

# *Safe Routes Songs*

## **Pedestrian Song**

Words and Music: Phyl Lobl

<http://musicisbrainfood.net/index.php/en/listening/songs-for-noisy-minors/109-pedestrian-song>

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.saferoutespartnership.org/resourcecenter/music-and-videos>  
<http://www.walkbiketoschool.org/get-set/build-excitement/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!

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

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## **When We're Walking (Sung to the tune of Rain is Falling Down)**

<http://www.rta.nsw.gov.au/roadsafety/children/songsrhymes.html>  
<http://www.rta.nsw.gov.au/roadsafety/downloads/whenwalking.mp3>

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](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](http://www.youtube.com/watch?feature=player_embedded&v=j3ro3dRkn78)

[Do the Ped Safety Dance](#)

<http://www.youtube.com/watch?v=ltZl3qyQEuc>

[Safe Out the Door](#)

<http://www.youtube.com/watch?v=qPMcEBIqVWo>

["I want to walk", "Ride my bike"](#)

By Blane Lyon <http://www.saferoutespartnership.org/resourcecenter/music-and-videos>

Won't Start Texting

[http://www.youtube.com/watch?v=XBVb49svhpo&feature=player\\_embedded](http://www.youtube.com/watch?v=XBVb49svhpo&feature=player_embedded)