HEALTH POWERED KIDS™

THE BREAKFAST SONG: “RING AROUND THE ROSIE”

Ring around the Rosie,
a breakfast full of energy,
oranges, oranges we all stand up. (Students remain standing)

Ring around the Rosie,
a breakfast full of energy,
donuts, donuts we all fall down. (Students fall down)

Have students call out breakfast items and stand if healthy, fall down if unhealthy.

Other healthy breakfast ideas include: yogurt, granola, oatmeal, eggs, cheese, milk.

Unhealthy breakfast ideas might include: cookies, chips, candy, sweets.