

Harold's Greatest Hits Songsheet

NURSERY

I'M SPECIAL

CHORUS

I'm special, you're special
There's no one quite like me
I'm special, you're special
Clap if you agree

VERSE 1

I clean my teeth
I wash my face
I eat healthily
I sleep at night so I will grow
I'm gonna take care of me because...

CHORUS

VERSE 2

In my life
With me at home
And at nursery
There are people that I know
Who love and take care of me because...

CHORUS

Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher. Additional material by Tim Harris

RECEPTION

HAPPY HEALTHY HAROLD

When I'm feeling lonely
When I'm feeling sad
There are things to do
So I don't feel so bad
When I'm feeling lonely
When I'm feeling sad
There are things to do
So I don't feel so bad

I can play a game
I can ride my bike
I can talk to someone
Read a book I like
All these things make me feel good
Then I'm happy healthy Harold once again

When I want to stay healthy
Want my body to feel fine
These are things I can do all the time
When I want to stay healthy
Want my body to feel fine
These are things I can do all the time

I can exercise
I can have a rest
I can drink water
Eat the food that's best
All these things make me feel good
And I'm happy healthy Harold once again

Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher. Additional material by Tim Harris

YEAR 1

DIFFERENT FOODS

CHORUS

Different foods do different jobs
And you can always tell
If you give your body what it needs
You'll feel fit and well

VERSE 1

Fruit and veg make us glow with health
So let's eat five a day
Cereals give us energy
To run and skip and play

CHORUS

VERSE 2

Meat and fish and foods like beans
Make our muscle's and bodies grow
Dairy food's good for bones and teeth
Just smile and let it show

CHORUS

VERSE 3

There are some foods our bodies don't need
Like crisps and sweets and cake
If you want to eat healthily
We've got to think about the choices we make

CHORUS

Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher. Additional material by Tim Harris

YEAR 1

ENERGY SONG

Gotta clap my hands, gotta stamp my feet
I get energy from what I eat
Gotta shake my head, jump to the beat
I get energy from what I eat

When I eat a good meal here is where it goes
From my stomach to my blood
All the way out to my toes

Gotta wiggle my hips, bend my knees
I get energy from what I eat
Gotta dance, dance, dance I'm light on my feet
I get energy from what I eat
And if you want to have a smile for everyone you meet
Just remember what Harold tells you
And think about what you eat

Gotta clap my hands, gotta stamp my feet
I get energy from what I eat, what I eat

Written by David Noffs

YEAR 1

LOOKING AFTER ME

CHORUS

I can look after my friends and help them along
Cheer them up when something is wrong
And my friends in return and my family
All help when I look after me

VERSE 1

I try to be friendly it's important you see
Because I need my friends to be there for me
They don't leave me out at school or at play
They cheer me up when I'm having a sad day

CHORUS

VERSE 2

The people at home are important you see
Because they are the ones who look after me
We share special times lend each other a hand
If I'm ill or upset then they will understand

CHORUS

VERSE 3

I look after my body it's important you see
Because I need my body to be healthy
If my body's feeling healthy then I feel happy too
If you want a healthy body the choice is up to you

CHORUS

Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher. Additional material by Tim Harris



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YEAR2

HAROLD'S BODY SHAKE

VERSE 1

Nod your head, keep in time
Shrug your shoulders you're doing fine
Wave your arms in the air, that's just great
Cos now you're doing Harold's body shake

CHORUS

You clap your hands you stamp your feet
You clap your hands you stamp your feet
You clap your hands you stamp your feet
And that's how you do Harold's body shake

VERSE 2

Wiggle your hips, keep in time
Bend your waist, you're doing fine
Wave your arms in the air; that's just great
'Cos now you're doing Harold's body shake

CHORUS

VERSE 3

Run on the spot, you're doing fine
Faster and faster, keep in time
Wave your arms in the air, that's just great
Cos now you're doing Harold's body shake

Put your hand on your heart, feel it beat
Put your hand on your heart, feel it beat
Put your hand on your heart, feel it beat
'Cos you've been doing Harold's body shake

*Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher
Additional material by Tim Harris*

YEAR2

FRIENDS ARE SPECIAL

VERSE 1

Who cheers me up when I'm feeling down
Who notices when my face wears a frown
When I'm all alone, who plays with me
It's my friends who help me stay carefree

CHORUS

Friends are fun and friends are fine
We play together most of the time
A friend's a special thing to be
And mine are so important to me

VERSE 2

If I've got a secret who can I tell
Who'll laugh with me and cry as well
Who makes up with me when we've had a fight
It's my friends who help me feel alright

CHORUS

Written by David Noffs

*Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher
Additional material by Tim Harris*

YEARS3

FEEL GOOD GROOVE

VERSE 1

Clap your hands
Stamp your feet
Shake your hips
Feel the beat

CHORUS

Arms in the air, make your body move
Turn around and that's when you've
Really got the feel good groove

VERSE 2

Step to the side
With your feet
Forwards and back
Feel the beat

CHORUS

REPEAT VERSE 1

CHORUS

*Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher
Additional material by Tim Harris
Drum Track by Mark Hellewell*

YEAR3

BELIEVE IN ME

VERSE 1

When I was born I couldn't stand
Needed someone to lend me a hand
I stood up, fell down then I did it again
I tried and I tried and now I can

CHORUS

I can walk, I can run and play
Look at what I can do today
Now I know that I can succeed
I will try something else and all that I need
Is a little help and belief in me
A little help and belief in me
A little help and belief in me

VERSE 2

Now that I'm older there's more things I can do
And I still need some help to get me through
At times I still fall then I get up again
I try and I try 'cos now I can

CHORUS

VERSE 3

When I grow up what will I be
There's so many possibilities for you and me
I can face what tomorrow may bring
I'll try and I'll try 'cos now I can

CHORUS

*Written by Janet Forshaw, Mandy Kirkpatrick and Mark Fisher
Additional material by Tim Harris*