


287. Keeping Fit, Healthy and Safe - poems

Poems: There are 20 A4 poems with and without pictures.

1. Doris the Dragon (colds)
2. Lazy Leonard (teeth)
3. Tidy Hair
4. Hairwashing
5. Hair Drier
6. After a Bath
7. Sitting in my Bath-tub
8. An old man with a beard
9. Tumbling
10. Goodnight
11. Bed-time
12. Bedtime
13. Sleep tricks
14. Sick
15. Spot what I've got
16. Danger Game
17. Traffic Lights
18. Safety First
19. Ping Pong Pete
20. Playing Tennis


Hairwashing



Long or short,
dark or fair,
everyone has to
wash their hair.

Run the water,
fetch the shampoo,
make a lather,
oh boo hoo!

Please don't shriek,
please don't howl,
shut your eyes,
here's the towel.



Brushing's over,
switch off drier:
milk and biscuits
by the fire.

By Tony Mitton

Sleep Tricks
I've read around all day
and now I'm ready for my bed
My legs are too "tippy-tappy"
For when I close my head!
My nose won't let me go to sleep
It's sneezing "Ting-tong!"
My mind is making down a hill
and going round "Thum-thum"
I'm trying very hard to leave
to get to bed
The bed's around for hours so warm
For days of fun and play.
I think I've found the answer
My problem for tonight
To get to dreamland fast
I'll turn on my light
So I can see the stars
and the moon
How I love my lampshade
I'll light my bed.



Sick

Has stress, making head
Poking, sticky, lumpy head
Piles of books and toys and pencils
Heavy on my feet
Flashes streamer all angles
Whirls in the class
Sick of medicine (sneezing)
Soup spooned from a cup
When will I be better?
When can I get up?

By Daisy Hedges



Spot What I've Got

Feeling cold
Feeling hot
Shivering, sweating ...
What's I got?
Feeling sick
Feeling weak
Sneezing
Looking for a week ...
With 'em
Kisses 'em
Strong coughs
at
"wheezyyy"


By The Teacher



Danger Game

Jessie was playing
On the escalator
When suddenly she tripped
And the escalator ate her!

By Jane Martin



low quality
samples only

Hairwashing





Long or short,
dark or fair,
everyone has to
wash their hair.

Run the water,
fetch the shampoo,
make a lather,
oh boo hoo!

Please don't shriek,
please don't howl,
shut your eyes,
here's the towel.

Brushing's over,
switch off drier:
milk and biscuits
by the fire.

By Tony Mitton

<div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center;">An Old Man With A Beard</p> <p>There was an old man with a beard Who said "It is just as I feared! Five o'clock and three hairs, Six doves and four wrens, Have all built their nest in my beard!"</p>  </div>	<div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center;">Tumbling</p> <p>In jumping and tumbling We spend the whole day, Till night by arriving Has finished our play What's then? One and all, There's no more to be said, As we tumbled all day, So we tumble to bed.</p>  </div>
<div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center;">Goodnight</p> <p>When I think I've had and enough for night, I know that I want to my goodnight to sleep, to rest and to pull down on the fluffy rug that I own on the floor on the pillow of dad in the frame by my bed, on my monkey, my mouse and my stuffed Ted on my old elephant with a nose in its nose, and on some special goodnight to my Mum!</p>  </div>	<div style="border: 1px solid red; padding: 5px;"> <p style="text-align: center;">Bedtime</p> <p>Bedtime, bedtime, Hot milk, honeyed-bread time, Favourite book to read time, Best rhymes to be said time, Squirr quietly tread time, Cosy bedspread time, Cuddle with Ted time, Eyes heavy as lead time, Sleepy old head time Bedtime, bedtime.</p> <p style="text-align: right;">By John Flaxing</p>  </div>