

This non-profit project is a collaboration between Mary Lambert Productions and The Royal Canadian Mounted Police. If you are a teacher or caregiver and would like to purchase "I Want to Be an RCMP" CD at cost, for use in your classroom or daycare, please email [mary@marylambertmusic.com](mailto:mary@marylambertmusic.com)

## I WANT TO BE AN R.C.M.P.

### Music & lyrics by Mary Lambert

**ACTIONS TO SONG IN RED - Children can MARCH to the beat of song and make up own actions throughout or use suggested actions.**

**CLASSROOM ACTIVITY - Children can draw pictures and make up their own story book of the History of the RCMP in Canada. Make a list of things RCMP officers do to help in our country. A discussion of DOCAS can take place by RCMP officers, as one of the things they do to help young children. (DOCAS, Drugs and Organized Crime Awareness, recognizes that children and youth are especially vulnerable to substance abuse and, as such, are entitled to special protection. To that end, DOCAS, has devised a range of child and youth-friendly programs to highlight the benefits of healthy lifestyles while underlining the dangers of addictions to drugs.)**

Sir John A. MacDonald was a visionary man  
He wanted to unite the west and east in the fine land. **Point to direction west and east.**  
A railway would be needed to carry out his plan. **Move arms and fists in circular motion (like motion of train wheels).**  
So he recruited volunteers to help give him a hand  
Teachers, farmers, lumberjacks, they were among the best  
Chosen for adventure, they made their journey west. **Point west.**  
The Mounted Police was the name that they would bare  
And now the R.C.M.P. is known most everywhere.

### CHORUS

**Oh, I want to be an RCMP, Canadian and free. Hand over heart**  
**Just like our Mountie "Cliffie"**  
**Our Canadian Mountie Cliffie is looking kind of spiffy! Salute!**  
**We all stare with awe as he yells**  
**STOP IN THE NAME OF THE LAW! Place hand out front, palm forward,**  
**fingers together, and have children shout "Stop In the Name of the Law"!**

The Mounties were so eager, they journeyed on and on..

The sky was filled with black flies and the sun burned hot and long **Fingers in the air wiggling.**

The animals were weary as the cavalcade pulled in

To the fine land of the Blackfoot where the building would begin **Pound fists together one on top of the other (nailing motion).**

Their first outpost was Fort MacLeod, they finished it with care.

But now the Elders of the tribe must be convinced to share

In time there was agreement and a trust between each man

Now the train would be allowed to cross this Western land. **Move arms and fists in circular motion (like motion of train wheels).**

## CHORUS

**During musical interlude, children may gallop as if they were on a horse.**

The Canadian Pacific, first train whistle blew **Lift arm in air and pull up and down on imaginary chain for whistle**

Canadians, Ukrainians and Germans all came too

Homes were built and fields were plowed, a new life to begin **Pound fists together one on top of the other (nailing motion).**

The Mounties helped new families to come and settle in

They helped with law and order, when thousands flocked for gold

They explored the Canadian Arctic, where it's very, very cold **Clutch arms and shiver**

They no longer ride on horseback, but their legacy lives on

They protect our country's borders from the Maritimes to the Yukon! **Point east and north.**

## BUZZY, THE BUSY BULLY BEE

Music & lyrics, Mary Lambert

**ACTIONS TO SONG IN RED - Children can DANCE to the beat of song and make up own actions.**

**CLASSROOM ACTIVITY - Have children listen to song and then have chalkboard discussion. Ask: If you are being hurt or bullied by someone, what are some things you can do to help yourself? Answers:**

- 1. Walk away or run away. Get away.**
- 2. Act confident - even if you feel scared, try and pretend to look confident. Tell them to stop!**
- 3. Don't fight back. This is usually when someone gets hurt.**

4. **MOST IMPORTANT!!** Tell an adult - Parents, teachers, caregiver. You are not telling on them to get them in trouble. You are telling on them because they are going to help you (form an action plan), so you don't have to be hurt anymore. This will usually help the person bullying as well.

Buzzy the busy bully bee **dancing**  
Is a great big bully, yes siree  
**He's busy buzzing all day long flap wings**  
He's really big and very strong. **flex muscles**  
He scares and threatens little bees  
With stinging words that hurt and tease.

**(kids all turn around and mimic stinging the audience)**

**CHORUS (clap and sing along during chorus)**  
Well if Buzzy ever bullies you  
Here are things that you must do  
Just walk away and refuse to fight  
Don't be bullied. It's your right!  
Tell your teacher, parents and  
Figure out an action plan. **Point to brain and tap on forehead**

Buzzy the busy bully bee  
Wanted to pick a fight with me **mimic fists in the air boxing**  
He didn't like the way I fly  
Pushed me down and made me cry **rub eyes with fists**  
He criticized and called me names  
His stinger had a real good aim

**(kids turn their backs to me and mimic stinging)**

**CHORUS (clap and sing along)**  
When Buzzy tried to bully me  
I took responsibility  
I was confident and refused to fight  
I won't be bullied. It's my right!  
I told me teacher, parents and  
We figured out my action plan.

**(children now stand with hands on hips)**

**(SLOW)**I carried out my action plan, Then Buzzy the Bully Bee began

To take responsibility, for his anger and hostility.

Now Buzzy the busy better bee  
Controls his stinger and you see (move hips back and forth)  
He flies around the school ground (flap wings)  
Helping little bees around  
If any bully bees come out  
Buzzy is the first to shout! (cup their mouths as if shouting)

CHORUS (finger pointing at audience and sing along)  
If anybody bullies you  
Here are things that you must do  
Just walk away and refuse to fight (hand clapping)  
Don't be bullied. It's your right!  
Tell your teacher, parents and figure out an action plan.  
(hands in the air – a big bow!)

### MONKEY SEE, MONKEY DO!

Music & lyrics by Mary Lambert

**ACTIONS TO SONG IN RED** - Children can DANCE to the beat of song and make up own actions.

**CLASSROOM ACTIVITY** - Teach children how to use the 2-4-1 salute to ensure their helmets fit correctly. We should be able to fit two fingers between top of eyebrow to front of helmet (fingers salute). If entire forehead is showing, then helmet does not fit correctly and will not offer protection needed. FOUR fingers represent straps coming from helmet over ears. ONE finger should fit comfortably between chin and strap when strapped on. If you can't fit one finger, strap is too tight! If you can fit more than one finger, strap is too loose!

### REFRAIN

**Little monkeys love to play**  
**Let's learn to play the safe way**  
**Monkey see (Kids repeat)**  
**And monkey do (Kids repeat)**  
**Oooh Aah (Kids repeat) Lift one monkey arm up and one down**  
**Oooh Oooh! “ “ Switch monkey arms up and down**

To ride our bike or tricycle **Mimic riding bike with hands on handlebars and legs moving in motion.**

Let's put our helmet on

We know it fits 'cause we salute

2 – 4 – 1 (2) **Index finger and middle finger pressed together and brought to top of eyebrow in salute, index and middle fingers on both hands held up in peace sign by ears (fingers apart), (1) Index finger on one hand held up and touching under chin.**

The helmet salute is fun to learn

It's 2 – 4 – 1 (2) **Index finger and middle finger pressed together and brought to top of eyebrow in salute, index and middle fingers on both hands held up in peace sign by ears (fingers apart), (1) Index finger on one hand held up and touching under chin.**

Now we're ready, set to go,

Let's have some biking fun. **YEAH!**

#### REFRAIN

Little monkeys sometimes try

To cycle on the street **Mimic cycling**

But driveways are a safer place

For little friends to meet **Wave to friends**

Up & Down the driveway

Around and round we go

Say "no" to cycling on the streets

Until we learn and grow. **NO!**

#### REFRAIN

If you're walking to the park **Walking or marching**

No monkeying around

Take a grown-up with you

They'll keep you safe and sound.

Stop look and listen **Touch eyes and ears**

Before you cross the street

Use your eyes and use your ears, **Touch eyes and ears**

Before you use your feet. **YEAH!**

## KNEES AND HEAD, WRISTS AND ELBOWS

Traditional - Revised lyrics by Mary Lambert

**ACTIONS TO SONG - Have children point to and touch body parts.**

**CLASSROOM ACTIVITY - Bring knee pads, helmets, and wrist guards into class and show children how to secure them in place, so they will see the areas they protect.**

KNEED PADS AND HELMETS, PROTECT YOUR **KNEES AND HEAD**  
WRIST GUARDS AND ELBOW PADS HELP OTHER PARTS INSTEAD  
TO SKATEBOARD, IN-LINE SKATE OR SCOOTER ALL AROUND  
BE SURE TO WEAR PROTECTIVE GEAR TO KEEP YOU SAFE AND SOUND.

PLEASE PROTECT YOUR **KNEES AND HEAD, WRISTS AND ELBOWS**  
PLEASE PROTECT YOUR **KNEES AND HEAD, WRISTS AND ELBOWS**  
USE YOUR **EYES AND EARS** WHERE E'RE YOU GO  
AND PLEASE PROTECT YOUR **KNEES AND HEAD, WRISTS AND ELBOWS**  
PLEASE PROTECT YOUR **KNEES AND HEAD, WRISTS AND ELBOWS**

**Faster and Faster - have fun!**

## TOGETHER WE LEARN

Music & lyrics by Mary Lambert

**ACTIONS TO SONG - Have someone teach children sign language to key words in song - particularly chorus. Sing and sign along.**

**CLASSROOM ACTIVITY - Make a chalkboard list of things that make us different from one another. Make a chalkboard list of things friends do with and for each other. Have a child share an experience they have had helping someone in need, and how it made them feel afterwards.**

We are different on the outside  
Our skin, our hair & eyes  
We are different on the inside  
To the things that make us wise

CHORUS

**Together we learn  
Together we share  
When we come together  
We show that we care...  
Together**

Some of us may have no sight  
Some communicate with hands  
Disabilities can help us grow  
As we reach out as friends

Some travel in a wheelchair  
And others are afraid  
To take the time to get to know  
The beauty found inside

Each of us are so unique  
With much within to give  
We can build a better nation  
When we all learn to live

PRESS 9-1-1

Music & lyrics by Mary Lambert

**ACTIONS TO SONG - Have children memorize chant/rap and sing along during song.**

**CLASSROOM ACTIVITY - Chalkboard Discussion - Ask children to give you situations that would occur when you should 9-1-1. Identify situations in this list that would not be emergencies where it would be best to contact someone else.**

**NINE, HERE COMES THE ONE TO THE, TO THE ONE, CALL THEM AND YOUR TROUBLES WILL BE DONE, COUNT ON THEM 'CAUSE THEY'RE YOUR FRIEND AND THEY WILL BE THERE WHEN.....**

There are three little numbers  
We need to memorize

We dial them in emergencies  
And help will be supplied

**Just pick up a phone and you won't be alone - Dial 9-1-1**  
Repeat

If you see an injury  
No matter where you are  
It could be on the street  
Or at home or in your car

**Just pick up a phone and you won't be alone - Press 9-1-1**

If you or someone else  
Needs an ambulance  
If really sick or badly hurt  
Don't leave it all to chance

**Just pick up a phone and you won't be alone - Dial 9-1-1**

If you or someone else  
Needs help from police  
Or someone tries to hurt you  
Remember please

**Just pick up a phone and you won't be alone - Press 9-1-1**

If a fire breaks out  
In your very own home  
Go right to your meeting place  
And then have someone phone.

**Just pick up a phone and you won't be alone - Dial 9-1-1**

STOP, DROP & ROLL!

Music & lyrics by Mary Lambert

**ACTIONS TO SONG** - During chorus, have children mimic the word "stop" by placing both hands out in front palms out, "drop" by dropping their hands and slapping their laps and "roll" by rolling their hands. Do this each time the words are sung.

**CLASSROOM ACTIVITY** - Have a someone come to the front of the class and demonstrate how to "stop, drop and roll" in case of fire. Stop what you are doing, drop to the ground carefully, lie on back, place palms of hands over eyes to protect face from burning, roll back and forth completely over and over. If this is done in an area where there is lots of floor space, have everyone practice.

Everybody everywhere, must remember these  
Three important little words can save your life, so please  
Memorize & learn them - never to forget  
'Cause these three little words could someday be your safety net.

**CHORUS**

**Stop, drop & roll - just remember to**  
**Stop, drop & roll**  
**Stop, drop & roll - never panic just**  
**Stop, drop & roll**  
**Stop, drop & roll - don't go runnin' just**  
**Stop, drop & roll.**  
**Stop, drop & roll - everybody just**  
**Stop, drop & roll**

One day I was cookin' and I spilled a little oil  
The element burst into flames and before I could recoil  
My dress was loose and caught on fire and I freaked out and ran  
But then those little words came to my mind and I began

**CHORUS**

Never play with matches, never play with lighters  
Never get too close or play around with your campfire  
Sometimes we are careless, when we get too excited  
So please remember these three words if clothes become ignited.

**CHORUS**

## ELMER'S FUNKY DANCE

Music & lyrics by Mary Lambert

**ACTIONS TO SONG** - Make up own actions and use suggestions during chorus.

**CLASSROOM ACTIVITY** - Listen to the song and make a list of all of the things we can do to ride a bus safely.

Elmer has a funky dance, he really loves to do  
They key to make him dance, depends on each of you  
I'm going to sing some rhymes and you'll shout out the answer  
And if you get it right, you'll ignite this funky dancer.

**Well he goes -**

**HOT DOG** (point to side with both hands using pointer fingers)

**ALL RIGHT** (two thumbs up in front of face)

**GROOVY BABY** (make peace sign with both hands and drag over top of eyes alternately "Austin Powers" way)

**OUT A' SIGHT** (place both hands to the side of your head and shake 'em)

Then Elmer does the funky chicken every time he gets the chance (place hands under armpits and flap like wings - knock knees together to beat of music)

School Bus Safety makes him happy, this is Elmer's Funky Dance.

**When waiting for the school bus, stay way back from the road**

Make sure the driver sees you – she drives a heavy load

Stay back until the bus stops and you see the driver smile

Lights will flash and door will open - enter single FILE

Stay sitting in your seat, and it will keep you safe and sound.

And when the bus is moving don't stand or walk around.

You can read a book or sing about that song that never ends

Take a snooze or talk, and talk and talk with all your FRIENDS

When your bus arrives at school and before you cross the street

Look all ways and use your eyes and ears before your feet

Stay three metres plus from the front of the bus, and listen, I'm not done

There's one more Elmer safety rule – Walk, don't RUN

## SAFE COMMUNITIES

Music & lyrics by Mary Lambert

**ACTIONS TO SONG - Have children learn song and sing along. You can explore with group or solo parts.**

**CLASSROOM ACTIVITY - Make a list of all of the helpers that live in our community: Teachers; parents; firefighters; paramedics; police officers, RCMP, etc. Discussion items -**

- 1. How do they help?**
- 2. Stranger danger - never speak with or go with someone you don't know.**
- 3. If anyone is hurting us (even those we know and or live with) we need to find an adult we can trust and tell them about it.**

Teachers can help us at school  
And parents can teach us at home  
If someone is hurting us  
Tell on them, make a fuss  
Know we are never alone.

### CHORUS

**Safe Communities  
We're building them with care  
Live, learn, work and play  
Strive for safety every day  
We'll build them everywhere.**

Police officers are our friends  
They teach us what to say  
If approached by a stranger  
And we feel there's danger  
Shout "no" and run away.

### CHORUS

SAFE COMMUNITIES, SAFE COMMUNITIES  
WE'LL BUILD THEM EVERYWHERE

Fire fighters help  
To rescue us from fire  
But if we can prevent, we reduce incidents  
This is their first desire.