

You've Gotta Be SunSmart

Music & lyrics by Jay Laga'aia and Mark Walmsley



Ooh La La La La x 2

SLIP! SLOP! SLAP! SEEK AND SLIDE!

Ooh La La La La x 2

There's something you need to know and this comes from my heart
If you want to play outside you've gotta be SunSmart

The sunshine is good for you but too much is too much you see
So if you wanna play outside my friend you've gotta listen close to me.

NUMBER ONE

SLIP on a shirt, some pants, you're almost done, ready to have some fun

NUMBER TWO

SLOP on some sunscreen, SPF30 plus. Reapply don't make a fuss

NUMBER THREE

SLAP on a hat with a wide brim. Chill in the shade, with a really cool grin

NUMBER FOUR

SEEK out some shade, it can be man-made. A classroom, a tree – follow me

FIVE, FIVE, FIVE, FIVE, FIVE!

SLIDE on some shades when you can't see, the glare of the sun affects you and me.

SLIP SLOP SLAP SEEK AND SLIDE!

Ooh La La La La x 2

SLIP SLOP SLAP SEEK AND SLIDE!

Ooh La La La La x 2

Repeat

