

SUNSMART COUNTDOWN

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When we're out and about it's always **SunSmart** time
We know just what to do – we do it every time

Because we're **SunSmart** kids – as smart as we can be
We'll show you how to keep your cool
It's the only way to go
Doin' the **SunSmart Countdown!**

CHORUS

FIVE! SLIP! Slip on your shirt

FOUR! SLOP! Slop on your sunscreen

THREE! SLAP! Slap on your hat

TWO! SEEK! Seek out the shade

And number **ONE** – to make sure you're all done
Before you take off to the sun, **SLIDE** on your sunnies!

When we're out in the sun we know the **SunSmart** way
And with the grownups too – we'll have a **SunSmart** day
Cover our eyes – and cover our skin
Keep the outside out and the inside in!
It's the only way to go
Doin' the **SunSmart Countdown!**

(repeat chorus)

SunSmart kids count down from five – you'll see them everywhere
The beach, the backyard, the pool, the park
The street, the playground, but not in the dark!

Now we're out and about it's always **SunSmart** time
We know just what to do – we do it every time

SunSmart kids count down from five
It's easy it's not rocket science
It's the only way to go
Doin' the **SunSmart Countdown!**

(repeat chorus)