



Early Childhood TLC Track #4: The Polar Bear Dares

Uh-huh. Polar bears!

This game is like Simon Says. We just use Polar Bear instead.

Only move when the Polar Bear dares. First Polar Bear put your paws in the air.

We move like you. You don't have to dare. Before we get started. Roar like a bear. (Roar.)

The polar bear dares you to move like this. Move like this. Move like this.

The polar bear dares you to move like that. Move like that. Move like that.

The polar bear dares you to shake your hips. Shake your hips. Shake your hips.

Now shake your head!

Oops! The polar bear didn't say dare. If you got caught, put your pinky in the air.

Throughout this song, keep it there. But now it's time to pick another bear.

Chorus

Ooh. Pick a bear. Pick a bear. Ooh. Pick a bear. Pick a bear.

Ooh. Let's all roar. Let's all roar. Ooh. Let's all roar! (Roar!)

The polar bear dares you to shake your head. Shake your head. Shake your head.

The polar bear dares you to give a twist. Give a twist. Give a twist.

The polar bear dares you to kick your leg. Kick your leg. Kick your leg.

Now freeze!

Oops. The polar bear didn't say dare. If you got caught, make a face that scares.

Throughout this song, keep it there. But now it's time to pick another bear.

Chorus

The polar bear dares you to take a swim. Take a swim. Take a swim.

The polar bear dares you to catch a fish. Catch a fish. Catch a fish.

The polar bear dares you to throw a ball. Throw a ball. Throw a ball.

Now catch the ball!

Oops. The polar bear didn't say dare. If you got caught, touch your hair.

Throughout this song, keep it there. But now it's time to pick another bear.

Chorus

The polar bear dares you to squat down low. Squat down low. Squat down low.

The polar bear dares you to turn around. Turn around. Turn around.

The polar bear dares you to raise the roof. Raise the roof. Raise the roof.

Now roar like a bear!!

Oops! The polar bear didn't say dare. If you never got caught, next time you're the bear!

Next time you're the bear. If you never got caught, next time you're the bear.