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)