



F.A.S.T.

Families Song Book



Families and Schools Together

F-A-S-T Song

Families and Schools Together

F-A-S-T

Families and Schools Together

Working in Harmony

Families and Schools Together

F-A-S-T

Families and Schools Together

Together we'll Succeed

We can Grow Helping Each Other

Cooperating Side by Side

Reaching for the Sky

Reaching for the Sky

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Together we'll Succeed

Old MacDonald

Old MacDonald had a farm,
Ee I ee I oh!
And on his farm he had some chicks,
Ee I ee I oh!
With a cluck-cluck here,
And a cluck-cluck there
Here a cluck-cluck, there a cluck,
Everywhere a cluck, cluck
Old MacDonald had a farm
Ee I ee I oh!

Old MacDonald had a farm,
Ee I ee I oh!
And on his farm he had some cows,
Ee I ee I oh!
With a moo, moo here
And a moo, moo there
Here a moo, there a moo,
Everywhere a moo, moo
Old MacDonald had a farm,
Ee I ee I oh!

John Jacob Jingleheimer Schmidt

John Jacob Jingleheimer Schmidt
His name is my name, too!
Whenever we go out,
The people always shout
There goes John Jacob Jingleheimer Schmidt
Da da da da da da da da
/
Repeat

Supercalifragilisticexpialidocious

Sup-er-cal-i-frag-il-is-tic-ex-pi-al-i-do-cious
Even though the sound of it is something quite atrocious
If you say it loud enough you'll always sound precocious
Sup-er-cal-i-frag-il-is-tic-ex-pi-al-i-do-cious

/

Um diddle diddle diddle

Um diddle ah

Um diddle diddle diddle

Um diddle ah

F.A.S.T. Family Smile

There's something in my pocket
It belongs across my face
I keep it very close at hand
In a most convenient place

I bet you'll never guess it
If you guessed a long, long while-
So I'll take it out and I'll put it on
It's a great big F.A.S.T. family smile!

My Favorite Things

Raindrops on roses
And whiskers on kittens

Bright copper kettles
And warm woolen mittens

Brown paper packages
Tied up with strings

These are a few of my favorite things

Girls in white dresses with blue satin sashes
Snowflakes that stay on my nose and eyelashes

Silver white winters that melt into spring
These are a few of my favorite things

When the dog bites
When the bee stings
When I'm feeling sad

I simply remember my favorite things
And then I don't feel so bad

I'm a Little Teapot

I'm a little teapot, short and stout
Here is my handle (one hand on hip) here is my spout (other arm out)
When I get all steamed up, hear me shout
Just tip me over and pour me out!

It's a Small World

It's a world of laughter
A world of tears
It's a world of hopes
And a world of fears

There is so much that we share
That it's time we're aware

It's a small world after all

It's just one moon and a golden sun
And a smile means friendship to everyone
Though the mountains divide
And the oceans are wide

It's a small world after all

It's a small world after all
It's a small world after all
It's a small world after all
It's a small small world

This Old Man

This old man-he played one
He played nick-nack on my drum
With a nick-nack paddy whack
Give a dog a bone
This old man came rolling home

Two-on the shoe
Three-on the tree
Four-on the door
Five-on the hive
Six-on the sticks
Seven-up in heaven
Eight-

F.A.S.T.

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/LINCfast

www.kclinc.org/fast

Families and Schools Together is an international nonprofit agency that helps families improve parenting skills and connect families to schools.

The award-winning F.A.S.T. program is offered for free through LINC. F.A.S.T. families meet with nationally certified coaches once a week for eight weeks.

Ask your LINC Caring Communities Site Coordinator about upcoming F.A.S.T. opportunities at your school.

