



# Educator Guide: “3-2-1-0 Blast Off!” Song

## **Recommended for Grades:**

Kindergarten

## **Time:**

3 minutes

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this activity students will be able to:

1. State how many meals should be eaten each day.

## **Activity Description:**

“3-2-1-0 Blast Off!” is a fun, high energy song that talks about different things students can do to be healthy. The song talks about the importance of eating three meals a day, getting exercise and spending time with family. Students can be encouraged to get up and dance along with the song.

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at [figureheadsinc@gmail.com](mailto:figureheadsinc@gmail.com) or 414-520-3275 or [Facebook.com/figureheadsinc](https://www.facebook.com/figureheadsinc).



# “3-2-1-0 Blast Off!” Lyrics

Hi there kids, welcome to  
3, 2, 1, zero  
I mean zero the family's here yo  
So grab what you need to proceed amigos  
All day every day we need fuel  
That's why breakfast is so cool  
It wakes up our brains and bodies  
I like eggs and red tomatties  
I mean tomatoes I'm at the table  
with my family turn off the cable  
I eat a meal three times a day  
and in-between uh huh it's time to play  
And yeah a video game can be lots of fun  
but when I got all this energy I got to run  
because my body needs some movement to grow strong  
That's why we wrote the song

Chorus:

3-2-1-0

3-2-1-0 blast off!

Check me out I'm sitting down for lunch  
drinking milk or water instead of punch  
'cuz all that sugar's gonna get me down  
and that's the last thing I need right now  
For the rest of the day yo I need to focus  
Learning is like magic so hocus-pocus  
I'm excited to write and read  
These are the things that I know I need  
to get by exercise keep my smile extra wide  
flex my muscles as I go  
stretch them out just like so  
3-2-1-0 blast off I'm gonna run super fast off  
to play until dinner  
Three meals a day makes me a winner

Chorus X 2

Let's sit down all together  
'cuz that way it's gonna be better  
If we hang out talk and eat  
how was your day turn off the TV  
what made you mad sad or glad  
Tell your story to mom or dad  
Excuse yourself when you're all done  
then do some jumping jacks just for fun

Kids did you know that you are a treasure  
and that we can do great things together  
Your little life is a gift to us you  
Move your feet and flex your muscle  
Don't sit still too long stand up  
smile real big then put your hands up  
and wave 'em around till you fall on the ground and  
sing till you're heard by everybody in town Come on!

Chorus X 3

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