

# Educator Guide: “Energy Extreme” Song

## **Recommended for Grades:**

5<sup>th</sup> grade

## **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).

## **Activity Description:**

“Energy Extreme” is a fun, high energy song, written and performed by The Figureheads, that talks about making healthy choices throughout the day. It talks about the importance of a balanced diet and physical activity for a healthy body and mind. Playing the song could be a great way to start the day. It may be fun for each student to get a copy of the song lyrics to sing along and think about what the lyrics mean. They may even be inspired to write their own song!

## **Vocabulary:**

Use the following list of vocabulary as a reference for yourself and/or your students as you complete the “Energy Extreme” Song. You may choose to use this list in any way that fits your needs.

- Brain – the organ inside the head that controls thought, memory, feelings and activity

# “Energy Extreme” Song Lyrics

Chorus:

Welcome to the team, energy extreme  
You and me making healthy choices is the dream  
Up up and away healthy living everyday  
It's time to make our move and catch the groove now. Watcha say, watcha say.  
Yeah, are you ready for work? Are you ready to play? Watcha say, watcha say.  
Yeah, get up and get out cuz it's a brand new day. Watcha say, watcha say.  
Yeah, the choice is yours go head take it away. Watcha say, watcha say.  
Here we go now! Hey, hey, hey

Verse 1:

I'm sitting down for breakfast  
Feelin' a little restless  
So I'm eatin' this banana then it's jumpin jacks and stretches  
Some water to refresh us, then check and you will find  
That you're already wide awake in your body and your mind

Chorus

Verse 2:

Yo. Let's do our work and then move around  
Inside or out on the playground  
Exercising getting' wise  
Baked potatoes instead of french fries  
A fresh apple instead of apple pie  
Mac and cheese veggies on the side  
Balancing my diet like I balance on a beam  
Eatin' my greens, pastas, proteins  
And, it's off to the races, energy extreme  
Take your places, you're a part of the team  
Take your places and put your heart in the dream  
We're gonna shine bright like a laser beam (like a laser beam) [repeats 3x]

Chorus



Outro:

Yeah, yeah. If ya exercise well then your brain works better  
Your lungs get stronger and you can run longer (let's go)  
Let's make the connections everybody, c'mon, c'mon  
body-mind-soul intersections (hey, hey)



# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and Physical Activity Resources for Parents, Caregivers and Educators

- American Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



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