Educator Guide: "Healthy Minds" Song

Recommended for Grades:

4th grade

Time:

4 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.
- Standard 7: Demonstrate practices and behaviors 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.

Learning Objectives:

After completing this lesson students will be able to:

1. Identify at least two things they can do every day to stay mentally healthy.
2. Identify two trusted adults that can help with mental health goals or concerns.

Activity Description:

"Healthy Minds" is a fun, high energy song that talks about what it means to have a healthy mind. This song could be a great way to start or end each day! It may also 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! Lyrics can be found later in this guide.

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 or 414-520-3275 or Facebook.com/figureheadsinc.

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Vocabulary:

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

- Emotion – a feeling such as happiness, love, fear, anger, disappointment, excitement, etc.
- Feeling – an emotional state, such as happy, sad, excited, scared, etc.
- Goal – something you decide to work towards achieving
- Mind – the part of a person that allows them to be aware of the world and their experiences, to think and to feel

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“Healthy Minds” Song Lyrics

Lyrics by Deonta Griffin, Jeremy Bryan, and Doc Harrill
Produced by Nate Willard
Mixed and Mastered by Lee Harrill of Refresh Collective

Chorus:
Healthy Mind Healthy Vibes
That's how we roll
When I'm mad I talk it out with my people
All my heroes got me focused on these big goals
Focused on my health, yeah, physical and mental
Told you I love you and I meant it because your special
Destiny is calling to your heart come on let’s go
Healthy Mind Healthy Vibes that’s how we roll

Verse 1:
Healthy Minds healthy vibes, I was born to thrive
Feelin’ so alive when I share what’s inside
No need to hide, no need to pretend
I’m surrounded by good people mentors teachers and a few friends
They treat me like family yeah they look out for me
Who know me on the real yeah they know about my story
My teacher said that I’m unique and that that’s a really good thing
When the bell rings I might ask what she means
went up to her right after class she asked what was up
I told her that I’m feelin’ low and how I’m not sure what is what
She nodded for a moment looked me in the face
And said you’re right on time
You’re entering a new phase
And it can be confusing and it can feel strange
So much change all at once, but these are growing pains
Just make sure to keep talking about it with those that care
And don’t forget to have fun, run around, lots of fresh air
Make sure you’re sleeping well and eating three square meals a day
A few snacks along the way, and not too much media play
all in all you’re doing great and I’m super proud of you
Remember there’s people around you that really love you

Chorus

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Verse 2:
First I think. Then I act.
It's like lookin up directions, google the map to a peaceful track
If I'm thinkin about peace. Got a good nights' sleep
And I had something to eat, so I'm filled with energy
I can take a deep breath, you know, breathe
Then I tell a trusted friend, man I need to speak
And my friend said "chill baby chill"
It's gonna be alright, "Still baby still"
And I know he's right, I can calm my body down
I'm in control of my thoughts and my actions now
It's a cycle, healthy body, healthy brain
Healthy actions, healthy ways, healthy friends, help me change
I'm thinking how I'm loved, no matter how I feel
I'm a take that peaceful track I'm not a hot wheel
Slow down, cool down, think about solutions.
First I think, then I act, this is how I do it.

Chorus

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Handouts

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

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Mental and Emotional Health Resources

- 988 Lifeline, 988lifeline.org, call or text 988
- Anxiety and Depression Association of America, adaa.org
- Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/
- Children and Adults with Attention-Deficit Hyperactivity Disorder, chadd.org
- Children's Wisconsin, childrenswi.org/find-care/mental-behavioral-health
- KidsHealth, kidshealth.org
- Mental Health America, mhanational.org
- National Alliance on Mental Illness (NAMI), nami.org
- National Institute of Mental Health (NIMH), nimh.nih.gov
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw/mental-health

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