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Grade Level 4th-5th

Content Area Science

Topic/unit/core selection healthy brain

Chant Title and Author

Healthy Brain Sound Off By: Theresa Carullo

This is knowledge that’s foretold,

Healthy brains are worth more than gold.

My brain functions day and night,

But only if I treat it right.

Sound off – Brain functions

Sound off – day and night

1-2-3-4- I have a healthy brain

I am healthy and hardly sick,

Here’s what I do, here’s my trick.

I make positive decisions each day,

Flexing my brain in creative ways.

Sound off – positive

Sound off – decisions

1-2-3-4- I have a healthy brain

I drink water, eight cups a day,

Hydration for the medullae.

Grey matter – electric energy,

Helps form thoughts and memories.

Sound off – I drink water

Sound off – eight cups a day

1-2-3-4- I have a healthy brain

Balanced diet is what I chew,

Protein and veggies can change my mood.

Limit colors, sugars, and fats,

They destroy bodies’ habitat.

Sound off – I eat well

Sound off – lots of plants

1-2-3-4- I have a healthy brain

Every night, I go to sleep,

8-9 hours – won’t hear me peep.

REM cycles to grow and learn,

Problem solving without concern.

Sound off – Plenty of rest

Sound off – Sleep and grow

1-2-3-4- I have a healthy brain

Exercise – body and brain,

60 minutes without refrain.

Organs, muscles, bones, and cells,

Developing – brains’ organelles.

Sound of – Exercise

Sound off – every day

1-2-3-4- I have a healthy brain

I am grateful, I take deep breaths,

These are ways I reduce my stress.

Play with friends and limit TV,

Enjoy outdoors with family.

Sound off – Reduce my stress

Sound off – My brain’s the BEST

1-2-3-4- I have a healthy brain

WATER, DIET, EXERCISE

SLEEP and LOVE and then REPRISE

WATER, DIET, EERCISE

SLEEP, LOVE and then REPRISE

Sound off – IT’S MY CHOICE

Sound off – TO MOLD MY BRAIN

It’s my choice to mold my brain