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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