

## **Time to Get Up**

(Tune: Reveille)

It's time to get up, it's time to get up, (Rocking horse back and forth.)

Get up on your feet this morning.

It's time to get up, it's time to get up,

Get ready to learn today.

Get that blood flowing.

Get your heart going.

Move those arms and legs

And wake up your brain!

Power march!

Second Time - Hold your reins and do squats.

Power march!

Third Time - Backward lunge and then salute.

Activities: Why is it important to wake up your body and brain every morning?

How do you get your day started?

How do you feel if you don't get enough sleep?

Why do you need to eat a good breakfast?

Give children a paper plate and ask them to draw a picture of a healthy breakfast.

Note! Linda Duncan of Lake County, Florida, starts her day by having her students "turn on their brains." They turn on the left side (twist by left forehead), the right side (twist by right forehead), the left ear, the right ear, the left eye, and the right eye. They don't have to turn on their mouths because they stay "on" all the time. Now they are ready to learn!!!