



## Get Ready

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

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### Chorus

Good morning, Good morning  
Let's get ready the brain smart way  
Good morning, Good morning

Get ready to start the day  
Get your hands ready – shake, shake  
Get your arms ready – stretch, stretch  
Get your brain ready – cross, cross  
Get your focus ready – take deep breath

### Repeat Chorus

Good morning, good morning  
Let's get ready the brain smart way  
Good morning, good morning  
Get ready to start the day.

Connect with a friend – shake, shake  
Connect with a friend – clap, clap  
Connect with a friend – hip, hip  
Connect with a friend – hug, hug, hug  
Good morning, good morning  
Get ready to start the day

Get ready to start the day (2x)



# Songs

## Movements



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Chorus

**Good Morning, Good Morning**

**Let's get ready the brain smart way**

**Good morning, Good morning**

**Get ready to start the day**

**Get your hands ready - shake, shake** Shake your hands

**Get your arms ready - stretch, stretch** Reach your arms up high

**Get your brain ready - cross, cross** Touch your right elbow to your left knee and then left elbow to right knee crossing the midline of the body. If this is too hard for young children have them cross the midline of the body in some fashion

**Get your focus ready - breathe, breathe** Breathe in deeply through the nose, hold it and exhale slowly

**Get your hands ready - shake, shake** Repeat as above

**Get your arms ready - stretch, stretch**

**Get your brains ready - cross, cross**

**Get your focus ready - breathe, breathe**

Repeat Chorus

**Connect with a friend - shake, shake** Turn to your partner and shake their hand

**Connect with a friend - clap, clap** Clap both hands with a partner

**Connect with a friend - hug, hug, hug** Give your partner a big hug

**Good morning, good morning**

**Let's get ready the brain smart way**

**Get ready to start the day**



Conscious Discipline®

## Extensions

With older children use this as a bridge to a discussion about the brain and how the brain needs oxygen, exercise, food and stimulation to grow and work properly. Teach them that the left side of the brain controls the arm and leg motions on the right side and vice versa. Crossing the center of the body stimulates both sides of the brain to work together. Taking a deep breath allows you to relax and reduces the stress in the body. When the stress is reduced, you can think instead of react to situations that are upsetting.

