

Get Ready

Activity

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

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)

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Chorus

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Get ready to start the day

Get your hands ready – shake, shake

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

Connect with a friend – clap, clap

Connect with a friend – hip, hip

Connect with a friend – hug, hug, hug

Good morning, good morning

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