

# Energy

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Nancy Stewart Friends Stree Music, BMI



1. Did you have your break-fast did you get a good night's sleep? Then



you'll have lots of en - er - gy. Get up, get on your feet. Get up and

## CHORUS:



shake, shake, shake, shake your hands.



Jump, jump, jump, up and down



Turn, turn, turn, turn a - round reach way up



high, and sit back down

2. Stirring up the molecules creates a lot of heat  
So let's stir up the molecules, get up, get on your feet  
Get up and (chorus)

3. Put your hands together now and clap along with me  
Just like the sun that shines you have a lot of energy  
Get up and (chorus)

4. From sun to light and light to sun it changes all the time  
Moving, working, doing, energy's a busy guy  
Get up and (chorus)

5. Kids have lots of energy, they're always on the go  
Running, jumping, dancing, you need energy to grow  
Get up and (chorus)