

# Energy!

In celebration of this year's national summer reading theme, I'm offering the most popular song from my CD, Sing a Song of Science. If you want more science songs, you can purchase the full CD in the shop on my website.)

Movement for this song is self-explanatory, but I like to talk a bit about energy before singing it the first time. Here are just a few facts included in this song, and ways you talk about them with young children:

- ◆ Old-fashioned light bulbs spend most of their energy creating heat, not light! Newer bulbs are more efficient because most of their energy makes light. You can feel them, and they are cool- but don't touch an incandescent light bulb- it's hot!
- ◆ You can't destroy energy, it just changes form, like from heat to light. That's why kids get hot when they're bundled up in the winter time, running around outside. They're changing energy into heat!

You might also check out an easy non-fiction book on energy from your local library, or visit these fun websites for more information and activities.

[www.kids.esdb.bg](http://www.kids.esdb.bg)

[www.eia.gov/kids](http://www.eia.gov/kids)

[www.alliantenergykids.com](http://www.alliantenergykids.com)

## Energy!

1. Did you have your breakfast, did you get a good night's sleep  
Then you'll have lots of energy, get up get on your feet.

### CHORUS:

Get up and shake, shake, shake, shake your hands  
Jump, jump, jump up and down  
Turn, turn, turn, turn around  
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 (chorus)
3. Put your hands together now and clap along with me  
Just like the sun that shines you have a lot of energy (chorus)
4. From sun to light and light to heat, it changes all the time  
Moving, working, doing, energy's a busy guy (chorus)
5. Kids have lots of energy, they're always on the go  
Running, jumping, dancing, you need energy to grow (chorus)