

Special Thanks To My Front Cover Friends

Brittany Toone

Taylor Patry

Danielle
Gaddis



Rock The Day Away

Stephen Fite



MOVEMENT
FUN & MORE

😊 Come On
Get Happy!

GROOVIN' TO
THE MUSIC

Stephen
Rocks!

1. Share It With You

A brand new day has dawned
It's time to ring the bell
How will the day unfold
You can never tell
But I know that we will
Sing and learn and play
And now that we're together
We'll rock the day away, we'll sing...

Na-na-na-na-nah
The day has just begun
So much for us to do
Out underneath the sun, and we'll sing
Yeah, yeah, yeah, yeah
Everything is new
And it's great just to share it with you

It's great just to share it with you
It's good just to share it with you

Activity Suggestions

Start each day off with this rockin' tune and allow the kids to create their own movements. While sitting or standing they can clap hands, pat laps, or a combination of things. The chorus is easy to learn and allows everyone the chance to sing along. Just before the chorus, have the kids put their hands in the air and sing the words, "We'll rock the day away," with Stephen. Use this song as an opportunity to discuss concepts of togetherness, friendship and sharing.

2. Well Hello

Well hello, how are you
Don't you know we've got some
 rockin' to do
So come on everybody
Start rockin' your knees now

Well hello, how've you been
It's great, yeah, just to see you again
So come on everybody
Start rockin' your head now

Once you start rockin'
Ooh, you start rollin'
It moves from your head to
 your toes now
Hands start clappin'
Feet start tappin'
It moves from your palms to
 your soles now

Show one hand, show me two
Won't you show me now what
 they can do
So come on everybody
Start rockin' your hands now

Once you start rockin'
Ooh, you start rollin'
It moves from your head to
 your toes now
Hands start clappin'

Feet start tappin'
It moves from your palms to
 your soles now

Na-na-na-na-nah-na-na-nah
Na-na-na-na-nah-na-na-nah
Na-na-na-na-nah-na-na-nah
Na-na-na-na-nah-na-na-nah
Na-na-na-na-nah-na-na-nah
Na-na-na-na-nah-na-na-nah
Na-na-na-na-nah-na-na-nah
Na-na-na-na-nah-na-na-nah

Well hello, how are you
Don't you know we've got some
 rockin' to do
So come on everybody
Start rockin' your shoulders
Start rockin' your elbows
Start rockin' your tummy
Start rockin' your hips
Start rockin' your feet
Start rockin' your whole body

Activity Suggestions

Another musical way to start your day with directed movements that let kids rock different parts of their body: **Knees, Head, Hands, Shoulders, Elbows, Tummy, Hips, Feet.** When Stephen says to "start rockin'" a particular body part, you can wiggle it, shake it, twist or move it however

you choose. Have the children wave to someone when Stephen says, "Well Hello." During the chorus, have the children point to or move their heads and toes when Stephen says, "It moves from your head to your toes." Have them point to or move their palms/hands and feet when he says, "It moves from your palms to your soles."

3. Groovin' To The Music

First you get to swayin'
Start your body swayin'
Move your body side to side
Then you get your hands up
Swayin' with your hands up
You're on a groovin' musical ride
Everybody's swayin' from side to side
Everybody jump on this musical ride
We're swayin' to the left
We're swayin' to the right
Now you're really, really feelin'
 the groove
Groovin' to the music
Groovin' to the music

Next you start rollin'
Hands and arms are rollin'
Rockin' and rollin' along
Then you add some clappin'
Roll your arms then clap them
Roll and clap your hands to this song

Everybody's rollin' and clappin' along
Rockin' and rollin' to this groovin' song
We're rollin' and clappin'
Clappin' and rollin'
Now you're really feelin' the groove
Groovin' to the music
Groovin' to the music
It's time to wave your arms
so slow and long
Come on and move so slow
before the slow is gone

Last you move your shoulders
First one then the other
Move your shoulders up and down
Then your heads a boppin'
Get your head to boppin'
Back and forth and all around
Everybody's shoulders move
up and down
Everybody's heads are boppin'
all around

We're movin' and boppin'
Boppin' and movin'
Now you're really feelin' the groove
Groovin' to the music
Groovin' to the music
Swayin' to the music
Rollin' to the music
Clappin' to the music
Movin' to the music
Boppin' to the music

Activity Suggestions

This is one of the more challenging movement songs included on *Rock The Day Away*. It asks the children to move two different ways at the same time. The first verse asks the kids to put their arms in the air and sway back and forth. The second verse asks them to roll their arms and clap their hands. Start counting the beats from the first word of the second verse like this: 1-2-3-4. You'll know that you counted correctly if your 4 comes on the "n" of the word "rollin'." Roll your arms on beats 1-2-3 and clap your hands on beat 4. A variation would be to roll on beat 1, clap on beat 2, roll on beat 3 and clap on beat 4. The third verse asks them to move their shoulders and their head. Let the kids explore other ways they can "groove" or move to the music.

4. Rock The Day Away

Everybody say hey - HEY
We're gonna rock the day away
Come on and say hey - HEY
It's a rockin' way we all can play
This game can be easy for you
But you've got to listen close
Say everything I do
And say hey - HEY
We're gonna rock the day away

Say whoa-yeah - WHOA-YEAH
Nah, n-n-n-nah, nah - NAH, N-N-N-
NAH, NAH
Hey, hey, hey - HEY, HEY, HEY
Woo-hoo-hoo - WOO-HOO-HOO

Don't you know before this day
is through
You and I have got some rockin'
There's just no stoppin' us
We've got some rockin' to do

Chorus

Say, I like me - I LIKE ME
And I like you - AND I LIKE YOU
My friends in school - MY FRIENDS
IN SCHOOL
And my teacher, too -
AND MY TEACHER, TOO

Don't you know before this day
is through
You and I have got some rockin'
There's just no stoppin' us
We've got some rockin' to do

Chorus

Activity Suggestions

If the kids are ready to rock the room, then close the doors and put on this little diddy. After it starts, all you have to do is say, "HEY!", and whatever else Stephen tells you to say. During the second section of call and response activities, have the children point to the appropriate person(s): Me, You, Friends and Teacher. You can do this sitting, standing, on the playground or most anywhere. Whatever you do...Just do it! This activity song is great for "air bands." Divide your class into small groups and let the different "air bands" lead the rest of the class in the chants and responses. **ROCK THE DAY AWAY!**

5. Come On Get Happy

Hello world here's a song
that we're singin'
Come on get happy
A whole lot of lovin' is what
we'll be bringin'
We'll make you happy

We had a dream
We'd go travlin' together
And spread a little lovin' if
we'll keep movin' on
Somethin' always happens
whenever we're together
We get a happy feelin' when
we're singin' a song

Travelin' along there's a song
that we're singin'
Come on get happy
A whole lot of lovin' is what
we'll be bringin'
We'll make you happy

Repeat First Verse

We'll make you happy
We'll make you happy

Activity Suggestions

This will be a fun sing-along for your classroom and a good starter for a discussion on feelings. Consider using this during Parent Night performances.

6. The Lunchtime Rap

I'm hungry
I'm in the mood
I'm starvin'
And I need food
My fork is ready to eat
My teeth are chompin' to the beat
My drink is slidin' down my throat
Down to my belly, mmm
I think lunchtime is the most

fun each day
All day, all day everybody say
Hip, hip, hooray for _____
Hip, hip, hooray for _____

It's the lunchtime rap, yeah
Lunchtime here we come
Activity Suggestions

This rap is easy to learn and fun to chant and can be personalized for every class that uses it. When you hear Stephen say, "Hip, hip, hooray for ..." simply add your name and the word class after it. Ex: Hip, hip, hooray for Mrs. Jones' class. You can also use "...Our Class," "...1st Grade" or your school mascot. You can use this rap as the signal to get ready for lunch. If you have a small CD player, you can also take this rap with you on your way to lunch so that everyone knows your cool class is on their way to lunch.

7. Teacher You've Got To Move

Teacher, teacher
You've got to move
Come on, come on
You've got nothin' to lose

So twist your hips
Come on kids you do the same
Teacher, teacher, teacher twist

your hips
Everyone say your teacher's name

Teacher, teacher
You're lookin' good
Shakin' it up like we
knew you could

So shake your hands
Come on kids you do the same
Teacher, teacher, teacher shake
your hands
Everyone say your teacher's name

Teacher, teacher
You're lookin' cool
But please remember that you're
still in school
Teacher, teacher
We'll give you a hand
We're gonna be your little
rock 'n roll band

So shake your head
Come on, come on, come on and
shake your head
Shake it every which way
Come on, come on kids you
do the same
Teacher, teacher, teacher
shake your head
Everyone say your teacher's name

Teacher, teacher
You've got to move
Come on, come on
You've got nothin' to lose

So twist your hips now
Come on kids you do the same
Teacher, teacher, teacher twist your hips
Come on, come on, come on, come on,
come on, come on
Come on and twist a leg
Come on kids you do the same
Come on and twist your arms
Come on kids you do the same
Well, twist your whole body
Everyone say your teacher's name

Activity Suggestions

This is a movement song teachers can call their very own. A chance for you to be the star! Simply follow the lyric directions and have the kids copy everything you do. During the guitar solo, you can be creative and do one of your favorite movements or dances. After each section, the kids will have the opportunity to say your name when Stephen says, "Everyone say your teacher's name," further validating your star status in the classroom and school! "You've got nothin' to lose," so have fun and model excitement for the kids and they will have a great time watching their favorite teacher "shakin' it up!"

8. Hello Goodbye

We say yes and I say no
We say stop and I say go, go, go
Hello

You say goodbye and I say hello
Goodbye, Hello
Opposites are words that everyone
should know
Goodbye, Hello
Everytime you say goodbye I say hello

We say fast and I say slow
We say high and I say low, low, low
Hello
You say goodbye and I say hello
Goodbye, Hello
Opposites are words that everyone
should know
Goodbye, Hello
Everytime you say goodbye I say hello

Good - Bad
Happy - Sad
Black - White
Day - Night

Hello
You say goodbye and I say hello
Goodbye, Hello
Opposites are words that everyone
should know

Goodbye, Hello
Everytime you say goodbye I say hello

We say big, I say small
We say short and I say tall, tall, tall
Hello
You say goodbye and I say hello
Goodbye, Hello
Opposites are words that everyone
should know
Goodbye, Hello
Everytime you say goodbye I say hello
Goodbye, Hello
Opposites are words that everyone
should know
Hello ... Goodbye ... Not yet

Before - After
Near - Far
Light - Dark
Empty - Full
Left - Right
Up - Down
Over - Under
Wet - Dry

Activity Suggestions

This is a tune that will assist you in introducing or reinforcing the concept of opposites. In addition to being a fun song to sing, Stephen and the kids give children examples of opposites they can memorize. Have the children write or dictate a

story using the opposites concept. Ex: "There once were two brothers named Happy and Sad, or High and Low..." Before or after the song, throw out an "opposite word" and see if the children can give you the "opposite word" answer.

9. Let's Shake It Out

You're feelin' antsy
Kind of dancey
You've got some ants
in your pants
You didn't choose them
You want to lose them
Time to do a shakin' dance

Get the shakes in your hips
Come on get the shakes in your legs
Come on get the shakes in your feet
Come on now let's shake it out

You're feelin' squirmy
Kind of wormy
You can't sit still
You want to stop now
But you don't know how
I know something that will
Get the shakes in your hands
Come on get the shakes in your
shoulders
Come on get the shakes in your tummy

Come on now let's shake it out

You've got to twist and turn
to shake it out
Cause that's what shakin's all about

You feel a tingle
The wiggles mingle
Crawling on your face
They're excited
They're uninvited
Shake them off all over the place

Get the shakes in your head
Come on get the shakes in your hair
Come on get the shakes in your ears
and your eyes and your nose
and your mouth
Come on now let's shake it out
Let's shake it out
Shake it out
Shake your arms
Shake your legs
Shake your body
Come on now let's shake it out

Activity Suggestions

This "verbal picture" song can be used anytime your kids have got "ants in their pants." The lyric directions are very specific and ask the children to shake different parts of their body. This tune

covers the head, the upper and lower body and is guaranteed to get the wiggles out completely.

10. Pots 'n Pans Rock 'n Roll Band

Now everybody gather 'round
And get yourself a pan or pot
One for every girl, one for every boy
Now find a stick or wooden spoon
Something you can bang alot
Now is the time, this is the time
when we make some noise

We've got a pots 'n pans
rock 'n roll band
We've got a pots 'n pans
rock 'n roll band
Come on baby show me how
you play them now
Come on baby show me how
you play them now
Come on baby show me how
you play them now
Come on baby show me how
you play them now
Rap, tap, thump, whump,
pat 'em, bat 'em, yeah
Bang them anyway you can
Cause we're havin' fun playin' in a
pots 'n pans rock 'n roll band

Now listen everybody
It's time for you to join the fun
I'm gonna play some rhythms
You copy them when I am done

Let's try a couple more
Now everybody gather 'round
And get yourself a pan or pot
One for every girl, one for every boy
Now find a stick or wooden spoon
Something you can bang alot
Now is the time, this is the time
when we make some noise

We've got a pots 'n pans
rock 'n roll band
We've got a pots 'n pans
rock 'n roll band
Come on baby show me how
you play them now
Come on baby show me how
you play them now
Come on baby show me how
you play them now
Rap, tap, thump, whump,
pat 'em, bat 'em, yeah
Bang them anyway you can
Cause we're havin' fun playin' in a
pots 'n pans rock 'n roll band
Playin' in a rock 'n roll band
Bangin' on our pots 'n pans
We're a pots 'n pans rock 'n roll band

Activity Suggestions

If you or your kids have some old pots and pans at home, bring them to school because you'll need them for this song! You can start off banging from the first beat, but if you want to wait, there is a section in the middle that challenges the kids to copy rhythms played on pots and pans. You'll hear a rhythm pattern followed by a blank spot that the children should fill in. You may be able to find used pots & pans at a nearby thrift store. If not, simply use rhythm instruments or "something you can bang alot." You might even consider turning this into an art project and let the children paint their pots and pans. Whatever you do, be sure to close the door and have fun!

11. Clean Up Freeze

We've got to clean up our room
Don't need a dust pan or broom
We've got to put things away
My favorite time of day

Now everybody clean the room
'til I say freeze

Well hey, now listen up
It's time to straighten up our room
Got to clean it up, ooh
Got to tidy up
We can work together to this

rockin' little cleanin' up tune
Got to clean it up, ooh
Got to tidy up
Everybody clean the room
'til I say freeze
Well hey, yeah, this is fun
No, no, no we're not done
This cleanin' party has just begun
Your two feet and hands will do
Keep on workin' 'til we're through
We'll clean this mess until there's none
Everybody clean the room
'til I say freeze

Now freeze
Hey, now this is fun - freeze
No, no, no we're not done - freeze
This party has just begun - freeze
Clean this mess until there's none
Everybody clean the room
'til I say freeze

We've got to clean up our room
Don't need a dust pan or broom
We've got to put things away
My favorite time of day
Everybody clean the room
'til I say ...

We've got no time to stop
It's time to shake and bop
Everybody

We've got to put things away
We've got to put them away
Now everybody clean the room
 'til I say freeze

Activity Suggestions

Use this "rockin' little cleanin' up tune" to motivate your kids during clean up time. It's also a fun "freeze game" they can play while working. All you have to do is clean the room until Stephen says, "FREEZE!" When the music starts again, start moving and cleaning. For a little added fun, bring your camera and catch the children on film in some funny Clean Up Freeze poses.

12. Let's Rock The Vowels

Let's rock the vowels
With a rockin' sound
Let's rock the vowels
You hear them all around
We'll say them short and long
With a rockin' song

Repeat Verse

Let's say them long
A, E, I, O, U
Let's rock the vowels
A - A - A - A - A

E - E - E - E
I - I - I
O
U - U - U - U - U - U

Let's rock the vowels
With a rockin' sound
Let's rock the vowels
You hear them all around
We'll say them short and long
With a rockin' song

Say them short
a, e, i, o, u
Let's rock the vowels
a - a - a - a - a
e - e - e - e
i - i - i
o
u - u - u - u - u - u

Let's rock the vowels
With a rockin' sound
Let's rock the vowels
You hear them all around
We'll say them short and long
With a rockin' song
We'll say them short and long
With a rockin' song
We'll say them short and long
With a rockin' song

Activity Suggestions

"Rockin' the vowels" is easy to do and your kids will learn their long and short sounds, too. After each letter sound or pattern there is a spot for the children to repeat that same letter sound or pattern. To help the kids visualize the vowels, you can make a big book that shows each of the letters along with the patterns used in this song.

13. Do You Feel Like Rockin'

"We were in school the other day
It was a usual kind of school day
Our teacher was telling us
All about this and that
Then the weirdest thing happened
Our teacher went into the closet
And pulled out an electric guitar
and said..."

I like rock 'n roll
I think you do, too
Now I've got a question
A question for you

Tell me now do you
 'feel like rockin'
Tell me now if you've got
 that rockin' feelin'

Then move your hips if you
 feel like rockin'

Move your hips if you've got
 that rockin' feelin'

You like rock 'n roll
You know I do, too
We've got some more movin'
That we need to do
Shake your head if you
 feel like rockin'
Shake your head if you've
 got that rockin' feelin'

Dance about if you
 feel like rockin'
Dance about if you've got
 that rockin' feelin'

Clap your hands if you
 feel like rockin'
Clap your hands if you've got
 that rockin' feelin'

Come on and shout if you
 feel like rockin'
Come on and shout if you've got
 that rockin' feelin'

Tell me now do you
 feel like rockin'
Let me know if you've got
 that rockin' feelin'

Activity Suggestions

The answer to this question should always be YEAH, which is what the children will say after the first line of each verse. The rest is easy. Simply follow all the movement instructions that Stephen sings in each verse. So break out your "air guitars" and get that "rockin' feelin'."

14. Every New Day

Every new day that we share
We grow a little more
We learn a little more
And I do believe
Each morning we know where to start

Every new song that we share
We plant a little seed
A loving little seed
And I do believe
A song has bloomed here in our hearts

Repeat Verses

I do believe
A song has bloomed here in our hearts
And I do believe
A song has bloomed here in our hearts
Every new day

Activity Suggestions

This rock ballad can be used at the end of the day as a simple group song to transition everyone down to a slower pace and signal the end of school. It can also be a springboard for group discussion. Ask the kids what else we do during "every new day" or what else can happen with "every new song that we share." Talk about how music makes you feel and what you like about music.

15. Share It With You

So now our day is done
It's time to say farewell
What will tomorrow hold
You can never tell
But I know that we will
Sing and learn and play
And when we're back together
We'll rock the day away, we'll sing...

Na-na-na-na-na-nah
The day has just begun
So much for us to do
Out underneath the sun, and we'll sing
Yeah, yeah, yeah, yeah
Everything is new
And it's been great just to share
it with you

It's been great just to share it with you
It's been good just to share it with you

CREDITS

Children's Vocals

Crosby Adams
Devon Horowitz
Abigail Inyang
Jackie McCarthy
Michael Paulauski

Recorded & Mixed at:

Lone Pine Studios, Orlando, Florida
Engineer Michael Hurley
Mixing Engineers Tom Rau
Michael Hurley

Graphic Design by Debbie Weekly
Weekly Design
Okla. City, Oklahoma

Photography by Keith Ball
Keith Ball Photography
Okla. City, Oklahoma

Words & Music

Words & Music by Stephen Fite except:

Hello Goodbye

by Paul McCartney & John Lennon
adapted by Stephen Fite

Come On Get Happy

by Wes Farrell & Danny Janssen

The Lunchtime Rap

by Anonymous
music and additional words by
Stephen Fite

Musicians

Produced & Arranged by Stephen Fite
Percussion Randy Nichols
Guitars Mark Pool
Bass Chuck Archard
Keyboards Michael Hurley
Lead Vocals Stephen Fite
Background Vocals Stephen Fite
Randy Nichols, Patti Pool
Michelle Lindahl

For the location of your nearest Melody House dealer, a free Catalog, or
for ordering information, write to, or call, or email us at:

Melody House, 819 N.W. 92nd Street, Okla. City, OK 73114

800/234-9228 melodyhousemusic@aol.com

Be sure to visit our website at: melodyhousemusic.com

Stephen Fite may be contacted at 800/234-9228 regarding Concert, Workshop and Keynote information.