

SUPERHEROES OF KNOWLEDGE



Stephen Fite

Math • Science • Literacy • Movement
Knowledge is the Greatest Power Known to Man!

Superheroes of Knowledge

A superhero I know I could be
I've got the power deep inside of me
I think that you could be a superhero too

We're superheroes of knowledge
We're in the superhero college
No we're not yet that strong but
remember this rule
What's inside of our head is a
powerful tool
LET'S GO NOW!

My brain is growing by the hour
'Cause knowledge is my superpower
I'm feeling smarter so much smarter
Look at me now what do you see
A SUPERHERO!

We're superheroes of learning
A quest for knowledge that's our
yearning
No we're not yet that strong but
remember this rule
What's inside of our head is
a powerful tool

Chorus

We're gonna find the power deep
inside of you
Yeah it's true come join our crew
Stretch your arms up high

Now point them to the sky
'Cause you can fly get ready to fly

Chorus

ACTIVITY SUGGESTIONS: Knowledge is indeed the greatest power known to man, and you and your children can use that same power to develop some fun and unique movements for this tune. Following are the suggested moves for the chorus. *"My brain is growing by the hour"* — place hands on head and move them outward on each beat then point to watch on wrist. *"Cause knowledge is my superpower"* — point to head, then thrust fist into the air. *"I'm feeling smarter, so much smarter"* — use thumbs to point at chest then point to head then pump fist on the last three words. *"Look at me, now what do you see?"* — make goggles with fingers around eyes then point to someone. *"A SUPERHERO!"* — shout the words while thrusting fist up into the air.





Put Your Hands in the Air

Manos cabeza y las orejas
Caderas rodillas y la nariz
Put your hands in the air
Las manos en el aire
Shake them all around
But don't make a sound
Put your hands in the air

Put your hands on your head
Las manos en la cabeza
Give your hands a bed
Just like I said
Put your hands on your head

Now, everybody shake your maracas
and count with me.
Say one. Uno!
Two. Dos!
Three. Tres!
Four. Cuatro!

Put your thumbs on your nose
Los pulgares en la nariz
Never smell your toes
And don't let it blow
Put your thumbs on your nose

Put your thumbs on your ears
Los pulgares en las orejas
Fingers far and near

Like antlers on a deer
Put your thumbs on your ears

Shake your maracas once again mi amigos
and get ready to count
Say Five. Cinco!
Six. Seis!
Seven. Siete!
Eight. Ocho!

Put your thumbs on your hips
Los pulgares en las caderas
Now do the thumb twist
Twist them like this
Put your thumbs on your hips

Put your hands on your knees
Las manos en las rodillas
Clap your hands please
It's easy as can be
Put your hands on your knees

Shake your maracas and say nine. Nueve!
Ten. Diez!
Alright count them all with me
Uno, dos, tres, cuatro, cinco, seis, siete,
ocho, nueve, diez!

ACTIVITY SUGGESTIONS: Give your children maracas/shakers to play during the song. They will need to be in front of them on the floor or table as there are movements that will require their hands to

be free. If you don't have access to instruments, collect detergent scoops or any other type of scoop with a handle. You will need two scoops to make one shaker. Fill one with rice and attach the other scoop with tape to seal them together. When you "do the thumb twist", twist your hands using your thumb as the pivot point while simultaneously twisting your hips. To "clap your hands please" while they are on your knees, simply place the backs of your hands on the inside of your knees while moving your knees together to make your hands clap.

Classroom Day

Hey Hey Hey
Time to start our classroom day
In a superhero kind of way

Come on and join the fun
It's time to clap our hands
Let's all enjoy the sun
I've got a great day planned
Come on and groove along
Let's see your body sway
Come on and join the song
I want to hear you say

Chorus

Come on and join the fun
It's time to roll our hands
Let's all enjoy the sun
The world's at our command
Come on and groove along
Move side to side this way
Come on and join the song
I want to hear you say

Chorus

Everybody over here - YEAH!
Everybody over there - YEAH!
Everybody everywhere - YEAH!
Wave your hands in the air - OKAY!
Are you ready to play - YEAH!
Are you ready for the day - YEAH!
Pump your fist this way - OKAY!
Repeat what I say - BRING IT!
Hey! Hey! Hey! _____
It's a par-tay! _____
Classroom day! _____
Superhero way! _____

Chorus

ACTIVITY SUGGESTIONS: This rockin' tune offers you and your children a great way to start your classroom day in a superhero kind of way. From the start of the song, your children are invited to participate by chanting the "HEY! HEY! HEY's!" along with the kids while pumping

their fists in the air; pointing to their imaginary wristwatch during the words, “*time to start our classroom day*” and thrusting their fist into the air on the words, “*superhero kind of way.*” During the first verse, clap your hands and then sway your body while keeping your feet planted. During the second verse, roll your hands and then move your feet side-to-side by stepping right then back to the left. Once your children have learned the song, encourage them to continue clapping while swaying and rolling their hands while moving side-to-side. By the time you make it to the “call and response” section, your classroom should be filled with energy and your kids should be ready to start their quest for KNOWLEDGE.

This is Our Jam

Are you ready? Yeah!
Are you out there? Yeah!
Let's Go! Let's Go!

You know we like to get down
Everybody bend low now
Bend low and clap your hands
Get down
Everybody bend low now

Bend low and clap your hands
Get down
Everybody bend low now
Bend low and clap your hands
Get down
Everybody bend low now
Bend low and clap your hands

Now everybody stay and bounce around
We're movin' all around without a sound

You know we like to pop up
Everybody pop up now
Pop up and jump around
Pop up
Everybody pop up now
Pop up and jump around
Pop up
Everybody pop up now
Pop up and jump around
Pop up
Everybody pop up now
Pop up and jump around

And we'll sing yeah, yeah,
yeah, yeah, yeah
This is our jam
Everybody's gonna jam today
Not talkin' P B & J
Yeah, yeah, yeah, yeah, yeah
This is our jam
Everybody's gonna jam today
Everybody's gonna jam today

You know we like to push up
Everybody get your hands up
Get your hands up in the air
Push up
Everybody get your hands up
Get your hands up in the air
Push up
Everybody get your hands up
Get your hands up in the air
Push up
Everybody get your hands up
Get your hands up in the air

Chorus

Alright. Hold on now. We need to
break it down.
So get ready to...
Jump Jump Jump... Now freeze!

We like to get down
Everybody bend low now
Bend low and clap your hands
Get down
Everybody bend low now
Bend low and clap your hands
Get down
Everybody bend low now
Bend low and clap your hands
Get down
Everybody bend low now
Bend low and clap your hands

Chorus

ACTIVITY SUGGESTIONS: I hope your classroom, home or car music system has plenty of bass because this tune has some major “thumpage” to offer and could turn your room in to party central. This hip-hop tune is perfect for that time during the day when you need to release some energy. Here’s the down-low on the movements: *“Everybody bend low now, bend low and clap your hands”* – bend your knees and your body at the waist, sway side-to-side keeping your feet planted and clap your hands. Hint: If you start clapping your hands on the right side of the body sway, you should always be clapping when you sway to the right. *“Everybody pop up now, pop up and jump around”* – pop up from your crouched position and start jumping around. You can let them jump in a circle, side-to-side or follow you. *“Everybody get your hands up, get your hands up in the air”* – While standing still, put your hands in the air, palms facing upwards and push up to the beat. During the “break down” section, the children should jump until they hear “FREEZE!” During the *“Yeah, yeah, yeah, yeah, this is our jam”* chorus, let the children dance freestyle.

5. Superhero Sound Off

There's superheroes in the room today
And I know you've come to learn
and play

Come on let's count you off one by one
Say your names until we're done

Now superhero sound off (insert name)

Now superhero sound off (insert name)

Now superhero sound off (insert name)

Now superhero sound off (insert name)

Now superhero sound off (insert name)

Now superhero sound off (insert name)

Now superhero sound off (insert name)

Now superhero sound off (insert name)

Repeat 2x

ACTIVITY SUGGESTIONS: Use this tune as an exciting way to identify each child in your classroom. After each "Now superhero sound off" line is sung, point to a different child and have them say their name. You can also let them create their own, unique superhero move or sign to show while they say their name. Once they are familiar with the tune, let the whole class count after each name is spoken. Ex: "Tyler", "one". "Abby", "two". You can also use this as a skills tune by showing pictures of colors, numbers, shapes, sight

words, etc. and letting the children or an individual child call them out.

6. Syllables

Syllables help us say our words

Yeah they help us spell

As we learn to read

Syllables are in every word you say

Every word is made of syllables

Now I'll say some words that you'll
repeat

Then clap your hands or stomp your feet

For every different syllable you hear

Come on everybody in here give a cheer

One syllable words

I, ___ I, ___

You, ___ You, ___

Are, ___ Are, ___

The, ___ The, ___

Two syllable words

Teacher, _____ Teacher, _____

Paper, _____ Paper, _____

Water, _____ Water, _____

Monkey, _____ Monkey, _____

Chorus

Three syllable words

Butterfly, _____ Butterfly, _____

Dinosaur, _____ Dinosaur, _____

Spaghetti, _____ Spaghetti, _____
Telephone, _____ Telephone, _____
Four syllable words
Alligator, _____ Alligator, _____
Caterpillar, _____ Caterpillar, _____
Helicopter, _____ Helicopter, _____
Watermelon, _____ Watermelon, _____

Chorus

ACTIVITY SUGGESTIONS: The children will clap their hands or stomp their feet for each syllable in a word. Stephen will say each word and the children will repeat what they hear. To assist your visual learners, create a book or cards to accompany this song so that the children can see the words while they are saying them. There is a non-vocal track of this tune available on the cd so that you may insert your own one, two, three and four syllable words.



Double double this that
Double double that this
Double this double that
Double double this that

Adding two numbers that are the same
are doubles
Learn this song and you'll find they are
no trouble

Now, I'll say a number sentence and give you the answer.
The next time I say it, you say the answer all by yourself.
Let's go.

$0 + 0$ is 0 , $0 + 0$ is _____
 $1 + 1$ is 2 , $1 + 1$ is _____
 $2 + 2$ is 4 , $2 + 2$ is _____
 $3 + 3$ is 6 , $3 + 3$ is _____
 $4 + 4$ is 8 , $4 + 4$ is _____
 $5 + 5$ is 10 , $5 + 5$ is _____

Well done. Alright let's take a little break and get ready for the next five.

$6 + 6$ is 12 , $6 + 6$ is _____
 $7 + 7$ is 14 , $7 + 7$ is _____
 $8 + 8$ is 16 , $8 + 8$ is _____
 $9 + 9$ is 18 , $9 + 9$ is _____
 $10 + 10$ is 20 , $10 + 10$ is _____

ACTIVITY SUGGESTIONS: Learning your doubles will be easy-squeezy-lemon-pleasey with this tune. Stephen will say the number sentence along with the answer the first time. The second time Stephen will say the number sentence again and the children will have to provide the answer. Consider creating double-sided flash cards with the number sentence and answer on one side and the number sentence only on the other side. The chant

at the beginning of the song is a Mary Mack-like handplay game that the children can play with a partner to get them focused. You can find videos of it on youtube.com by typing "Double Double This This Double Double That That" in the search bar or try to learn it from the following directions: "Double" is the pinkie side of your fist. "This" is the palm of your hand. "That" is the back of your hand. To use a play on a "baseball term", here is the "patting" order with your partner: "Double, Double" - pat two times with your fists. "This, This" - pat two times with your palms. "Double, Double" - pat two times with your fists. "That, That" - pat two times with the backs of your hands. "Double This" - pat fists once then palms once. "Double That" - pat fists once then backs once. "Double, Double, This, That" - two fist pats then one with palms and one with



8. Water is a Curious Thing

Water is a very curious thing
It freezes in the winter - SOLID
It melts in the spring - LIQUID
And when it gets hot
It boils into steam - GAS
Water is a very curious thing

It's gettin' cold now freeze
It's warmin' up
And we're water flowin' free
It's gettin' hot hotter
And now we start to boil
We're movin' fast rollin' 'round
And after all the turmoil we're steam
It's a gas

Water is a very curious thing
It freezes in the winter - SOLID
It melts in the spring - LIQUID
And when it gets hot
It boils into steam - GAS
Water is a very curious thing

It's gettin' cold now - freeze
It's warmin' up
And we're water flowin' free
It's gettin' hot, hotter
And now we start to boil
We're movin' fast, rollin' 'round
And after all the turmoil we're steam
It's a real gas

Water is a very curious thing
It's a liquid like running water
Water is a very curious thing
It's a solid like ice cubes
Water is a very curious thing
It's a gas like steam
Water is a very curious thing
Now FREEZE!

ACTIVITY SUGGESTIONS: This song will give your children the chance to act like water while learning about its three states: liquid, solid and gas. This is how you can move during the tune: *"It's gettin' cold now FREEZE"* — wrap your arms around your body and shiver then FREEZE! *"And we're water flowin' free"* — make waves or currents with your arms, legs and torso. *"We're movin' fast, rollin' 'round"* — spin around while rolling hands and arms. *"And after all the turmoil we're steam"* — wiggle your fingers while moving your hands towards the sky and make a hissing noise.



Superhero Workout

Stand up power up me and you
We're gonna do what superheroes
usually do
We're gonna fly far into outer space
And we just might have a race

We're gonna run fast jump high over a
tower
'Cause every superhero needs
MORE POWER!

Oh Yeah! It's time to work our bodies out
because every superhero needs to stay
in shape. So follow my lead.

Now put your hands on your hips
And show me that pose
Pose? What pose?
Your Superhero pose!
Come on and muscle up
Yeah that's how we roll
Whoa dude! Look at my muscles!

Now slide to your left and show
me that pose
Slide to your right you've got muscles
to show
Now put your hands up - YEAH!
Put your hands up - YEAH!
Put your hands up - OH YEAH!
And fly

Okay. Time to work out those legs and
heart with a super-fast run!

Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!

Hey look! I think there's something hiding over there! What do you think it is?

Now use your super vision
To see what's concealed
Look he just threw something at us!
A car's flying towards us
Use your force field
Force field on!

Now slide to your left and show me
that pose
Slide to your right you've got muscles
to show
Now put your hands up - YEAH!
Put your hands up - YEAH!
Put your hands up - OH YEAH!
And lift the car!

Alright we're not done yet. Let's run and jump one more time!

Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!

Now show me how strong you are by lifting your superhero weights!

Come on lift your weights
It's time to power up
Hey this is fun!
Push them up and down

Let me see you pump
I'm getting stronger!

Now slide to your left and show me
that pose
Slide to your right you've got muscles
to show
Now put your hands up - YEAH!
Put your hands up - YEAH!
Put your hands up - OH YEAH!
And fly

Great job everybody! You've just completed the Superhero Workout!

Stand up, power up, me and you
We're gonna do what superheroes
usually do
We're gonna fly far into outer space
And we just might have a race
We're gonna run fast jump high over
a tower
'Cause every superhero needs
MORE POWER!

ACTIVITY SUGGESTIONS: This will be a fun physical activity to get your superheroes ready to take on the day. Here are the suggested movements: *"Now put your hands on your hips and show me that pose"* — fists on hips with chest out. *"Come on and muscle up"* — flex your muscles. *"Put your hands up*

and fly” — hands and arms in front of you. “Run! Jump the tower!” — run in place then jump. “Now use your super vision” — use your hands as binoculars. “Use your force field” — hands at your sides, spread them out wide and make an X in front of your chest. “Come on lift your weights” and “Push them up and down, let me see you pump” — hold imaginary weights beside your head and push them up and down. These are certainly not all the movements as some of them did not require explanation. You can modify to meet the needs of your children or even let them create their own.



One Little Snowflake

One little snowflake floating by
Moves in circles ‘round my eye
Two little snowflakes softly land
Nestled right inside my hand
Three little snowflakes taste so yum
As they melt upon my tongue
Four little snowflakes do I see
As they rest upon my knee
Five little snowflakes dive and dip
Then they light upon my lip
Six little snowflakes take a nap
As they lay upon my lap
Seven little snowflakes drawing near

As they dance around my ear
Eight little snowflakes now I’m froze
As they perch upon my nose
Nine little snowflakes race to win
As they scurry down my chin
Ten little snowflakes safe in bed
Now they’ve covered up my head

ACTIVITY SUGGESTIONS: Following are the suggested movements: “One little snowflake floating by” — Open fingers like snowflake and float your hand. “Moves in circles round my eye” — Move hand in circles around your eye(s). “Two little snowflakes softly land” — Move snowflake hand slowly down. “Nestled right inside my hand” — Land hand in other open hand palm facing up. “Three little snowflakes taste so yum” — Rub tummy with hand. “As they melt upon my tongue” — Move snowflake hand to your tongue. “Four little snowflakes do I see” — Make binoculars over eyes with both hands. “As they rest upon my knee” — Put snowflake hand on your knee. “Five little snowflakes dive and dip” — Move snowflake hand up and down. “Then they light upon my lip” — Put snowflake on your lip. “Six little snowflakes take a nap” — Hands pressed together on side of head. “As they lay upon my

lap” – Put snowflake hand on your lap. “Seven little snowflakes drawing near” – Start hand out to your side moving towards ear. “As they dance around my ear” – Make snowflake hand dance around your ear. “Eight little snowflakes now I’m froze” – Wrap arms around your body. “As they perch upon my nose” – Set snowflake hand on your nose. “Nine little snowflakes race to win” – Move snowflake hand quickly from left to right. “As they scurry down my chin” – Move snowflake hand down your chin. “Ten little snowflakes safe in bed” – Hand flat, palm facing down, move hand in circle. “Now they’ve covered up my head” – Cover your head with snowflake hand. Once the children have learned the song and the movements, try having them hold up fingers for each number the moment Stephen sings them and then proceed with the movements. The Snowflakes Are Melting: After the song ends, count backwards and subtract fingers while saying, “10 little snowflakes, 9 little snowflakes...” until you reach zero. Make paper snowflakes for the children to use during the song. Talk about the different descriptive words such as: Nestled, Perch, Light (to settle or land after flight),

etc. Ask the children what they mean. How is a snowflake made? If rain is considered precipitation, is snow precipitation, too? Create a classroom book about the song with artwork created by the children on each page. Make flavored “snowflake snowcones” with shaved ice for snack. Here is a piggyback song you might try:

Snowflakes Falling
sung to Frere Jacques
adapted by Stephen Fite
(Winter’s calling (hold hand to ear)
Snowflakes falling (move both hands to the ground) All around, all around (circle hands in front of you) Listen to them whisper (sing very soft with hands to ears) They look just like glitter (wiggle fingers on both hands) On the ground, on the ground (point down)



Our Hero, Zero

Our Hero Zero is here today
His power works in a special way
When he lands after any number
He makes that number grow

Our Hero Zero is so much fun
Watch how he works with the
number one
One and Zero change in to Ten

They're a team now don't you know
Go Zero

So. Zero's superpower is teaming up
with any number to change its size or
value and even its name?

That's right! And his other special power
is invisibility.

He's invisible?

Yes he is. Check this out.

Our Hero Zero he doesn't count
Though you never will see him pout
By himself he's invisible
'Cause he's got nothing to show
Go Zero

When you look at Zero the Hero all by
himself there's nothing there because he
doesn't count anything.

So Zero stands for nothing?

Yeah, but he's still something.

Yeah! Something Special! Go Zero!

Go Zero! Go Zero! Go Zero! Whooo!

Watch how he teams up with all these
numbers.

Here's 2. With Zero it changes into 20

Here's 3. With Zero it changes into 30

Here's 4. With Zero it changes into 40

Here's 5. With Zero it changes into 50

Here's 6. With Zero it changes into 60

Here's 7. With Zero it changes into 70

Here's 8. With Zero it changes into 80

Here's 9. With Zero it changes into 90
Here's 10. Now Zero has already helped
1 become 10

But if he helps him again, 10 becomes 100!

Our Hero Zero is here today
His power works in a special way
When he lands after any number
He makes that number grow

Our Hero Zero is so much fun
Watch how he works with the
number one
One and Zero change into Ten
They're a team now don't you know
Go Zero

Go Zero! Go Zero! Go Zero! Whooo!
Go Zero the Hero! Go Zero! Yeah!
Go Zero! Go Zero! Go Zero! Whooo!
Go Zero the Hero! Go Zero! Yeah!

ACTIVITY SUGGESTIONS: This song
will give your children a musical
glimpse in to the world of Zero
the Hero and his special power to
change the value of a number. Cards
to illustrate the numbers before and
after zero would be a great addition
to this song. Have the kids chant "*Go
Zero! Go Zero! Go Zero! Whooo!*"
and pump their fists with the kids on
the cd.

Onomatopoeia

Onomatopoeia - moo
Onomatopoeia - choo-choo
Onomatopoeia - ding-dong
It's a word that imitates sound
Onomatopoeia - zoom
Onomatopoeia - boom
Onomatopoeia - splash
It's a word that imitates sound

A duck says quack a pig says oink
A rooster says cock-a-doodle-doo
A door can squeak a bird can tweet
And when you sneeze it sounds just like
achoo

Onomatopoeia - meow
Onomatopoeia - bow-wow
Onomatopoeia - boing
It's a word that imitates sound

Now when you hear a certain sound
And you wanna tell what it's like
Well the word you use to describe the
noise is called ONOMATOPOEIA!
That's right

Onomatopoeia - chirp-chirp
Onomatopoeia - slurp
Onomatopoeia - smack
It's a word that imitates sound

What onomatopoeia word would
you use to describe the sound the
Saxophone just made?
How about HONK?
What about the Bass?
A-bum-bum-bum-bum-bum-bum-bum-
bum-bum.
And the Drums?
Thump & Crash!
What about the Guitar?
Brrring. Brrring. Brrring.

Now when you hear a certain sound
And you wanna tell what it's like
Well the word you use to describe the
noise is called ONOMATOPOEIA!
That's right

Onomatopoeia - snore
Onomatopoeia - roar
Onomatopoeia - snap
It's a word that imitates sound - pow
It's a word that imitates sound - clang
It's a word that imitates sound - whack
Owwwww!

ACTIVITY SUGGESTIONS: I had completely forgotten what this word meant until a teacher friend of mine asked me to write a song about "her favorite word." Now, I will never forget it and I hope your children will remember it too. Create a log of onomatopoeia words

with your children as the source. Individually or as a class, have the children write an action story with a multitude of onomatopoeia words.

13. **Supersonic Letter Sounds**

So many letters to be found
And each one has its own super sound

I've got some supersonic sounds that
you need to know
They're the big sound engines that
make our words go
So repeat after me all you girls
and you boys
And pump your fist up for each
name and its noise

A, a, you say __, __
B, b, you say __, __
C, c, you say __, __
D, d, you say __, __
E, e, you say __, __
F, f, you say __, __
G, g, you say __, __
H, h, you say __, __

Repeat Chorus

I, i, you say __, __
J, j, you say __, __
K, k, you say __, __

L, l, you say __, __
M, m, you say __, __
N, n, you say __, __
O, o, you say __, __
P, p, you say __, __

Repeat Chorus

Q, q, you say __, __
R, r, you say __, __
S, s, you say __, __
T, t, you say __, __
U, u, you say __, __
V, v, you say __, __
W, w, you say __, __
X, x, you say __, __
Two more
Y, y, you say __, __
Z, z, you say __, __

Repeat Chorus

ACTIVITY SUGGESTIONS: After Stephen says the letter name and its sound, the children will repeat the name and sound while pumping their fist in the air for both. Give each child a large letter on paper and have them create a superhero by giving it a mask, cape, etc. and even a name beginning with the letter sound.



Count by Fives (100th Day Version)

Come on come on everybody stand up
We're gonna count by fives
Come on come on everybody stand up
We're gonna count clockwise
Stop on numbers that end with a zero
Or groups of ten that's why he's the hero
If the counting stops on you
We'll start with the next in line

Okay. Let's count to one-hundred by
fives stopping on each number that ends
in zero.

Or groups of ten! That's where I come in.
That's right Zero. Groups of ten. Let's
count.

5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
25 30 Stop! Number 30 sit down. Go!
35 40 Stop! Number 40 sit down. Go!
45 50 Stop! Number 50 sit down. Go!
55 60 Stop! Number 60 sit down. Go!
65 70 Stop! Number 70 sit down. Go!
75 80 Stop! Number 80 sit down. Go!
85 90 Stop! Number 90 sit down. Go!
95 100 Stop! 100 sit down

We will we will count you
We will we will count you
One more time!

5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
25 30 Stop! Number 30 sit down. Go!
35 40 Stop! Number 40 sit down. Go!
45 50 Stop! Number 50 sit down. Go!
55 60 Stop! Number 60 sit down. Go!
65 70 Stop! Number 70 sit down. Go!
75 80 Stop! Number 80 sit down. Go!
85 90 Stop! Number 90 sit down. Go!
95 100 Stop! 100 sit down

ACTIVITY SUGGESTIONS: This is an activity that you may want to try without the music for a few weeks. Stand everyone in a circle facing inward and pick a starting point. Have that child start the counting to one-hundred by fives moving clockwise around the circle with each person in turn saying the next number. When you come to any number that ends with a zero, stop the counting and have the person who said that number sit down. Once they are sitting, resume the counting. When the counting comes back around to any person sitting down, skip over that person. Continue the game until there is only one child left. You can have the children pass an object around the circle to signify whose turn it is so that everyone can join in on the counting; even the children who are sitting down.

Count by Fives **(20 Version)**

Come on come on everybody stand up
We're gonna count by fives
Come on come on everybody stand up
We're gonna count clockwise
Stop on numbers that end with a zero
Or groups of ten that's why he's the hero
If the counting stops on you
We'll start with the next in line

Okay. Let's count to 20 by fives
stopping on each number that ends
in zero.

Or groups of ten! That's where I come in.
That's right Zero. Groups of ten. Let's
count.

5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down

We will we will count you
We will we will count you
One more time!

5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down. Go!
5 10 Stop! Number 10 sit down. Go!
15 20 Stop! Number 20 sit down

ACTIVITY SUGGESTIONS: Same
rules apply as in the Hundredth Day
Version. The difference is you will
only count to twenty.

Count by Fives **(Open Version)**

Come on come on everybody stand up
We're gonna count by fives
Come on come on everybody stand up
We're gonna count clockwise
Stop on numbers that end with a zero
Or groups of ten that's why he's the hero
If the counting stops on you
We'll start with the next in line

Okay. Let's count to any number by five
stopping on each number that ends
in zero.

Or groups of ten! That's where I come in.
That's right Zero. Groups of ten. Let's
count.

___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!

We will we will count you
We will we will count you
One more time!

___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!
___ ___ Stop! Your turn to sit down. Go!

ACTIVITY SUGGESTIONS: Same rules apply as in the 100th Day Version and 20 Version. The difference is you will pick the number to which your children will count.



Shake It Like This

Come on and shake it now
Can you shake it like this
Come on and shake it now
Can you shake it like this
Shake it over here
Shake it over there
Shake it shake it shake it like this

Put your 1 in the air
Shake it all around
Shake it up and down like this
Put your 2 in the air
Shake it all around
Shake it side to side like this
Put your 3 in the air
Shake it all around
Shake it in a circle like this
Put your 4 in the air
Shake it all around
Shake it up and down like this
Put your 5 in the air
Shake it all around
Shake it side to side like this
Put your 6 in the air
Shake it all around
Shake it in a circle like this
Come on and shake it now
Can you shake it like this
Come on and shake it now
Can you shake it like this
Shake it over here
Shake it over there

Shake it shake it shake it like this

Put your 7 in the air

Shake it all around

Shake it up and down like this

Put your 8 in the air

Shake it all around

Shake it side to side like this

Put your 9 in the air

Shake it all around

Shake it in a circle like this

Put your 10 in the air

Shake it all around

Shake it up and down like this

Put your 11 in the air

Shake it all around

Shake it side to side like this

Put your 12 in the air

Shake it all around

Shake it in a circle

Come on and shake it now

Can you shake it like this

Come on and shake it now

Can you shake it like this

Shake it over here

Shake it over there

Shake it shake it shake it like this

ACTIVITY SUGGESTIONS: This is a number identification activity that will challenge the children to listen to the song and then identify the number(s) they are holding. This can

be done sitting on the floor, at a table or standing. Give each child one or more number cards. The children simply need to listen and then do what the lyrics ask them to do. You can also extend this same idea out to encompass colors, letters, sight words, shapes, animals, etc. Pick out some fun dance music and call out a color, letter, etc. and have the children wave it around or even dance.



So long goodbye my friend
It's been so nice to see you
So long goodbye my friend
It's been so nice to see you
So long goodbye my friend
It's been so nice to see you
It's time to fly it's time to fly

Come on and shake my hand
It's been so nice to see you
Come on and shake my hand
It's been so nice to see you
Come on and shake my hand
It's been so nice to see you
It's time to fly it's time to fly

Come on and give me five
It's been so nice to see you

Come on and give me five
It's been so nice to see you
Come on and give me five
It's been so nice to see you
It's time to fly it's time to fly

Come on and give a hug
It's been so nice to see you
Come on and give a hug
It's been so nice to see you
Come on and give a hug
It's been so nice to see you
It's time to fly say goodbye

Previously unreleased tunes from Stephen's Concert Tours

Stephen's Funtastic School Day/2011-2012



Learn It Up (3 verses)



Learn It Up (2 Verses)



Learn It Up (1 Verse)

Oh what fun
This is how we run
We're gonna learn it up
We won't stop until we're done
We're watching with our eyes

Listening with our ears
That's how the learning starts
And it ends up in here

ACTIVITY SUGGESTIONS: Here are the suggested movements for each line: *"Oh what fun"* - pump your fist in the air on each beat or word. *"This is how we run"* - run in place or pump arms to imitate running. *"We're gonna learn it up"* - pump palms to the sky. *"We won't stop until we're done"* - hold one hand up, palm facing out. *"We're watching with our eyes"* - point to your eyes. *"Listening with our ears"* - point to your ears. *"That's how the learning starts"* - roll your hands. *"And it ends up in here"* - point to your brain. The one, two and three verse versions have been provided to meet the particular needs of your classroom or transition.

Arrrrrrr You Ready to Rock & Learn/2012-2013



Goin' on a Treasure Hunt

We're goin' on a treasure hunt
In search of pirate booty
We won't stop 'til we find it
'Cause it's our pirate duty
It could be over here

It could be over there
It could be buried deep
It could be anywhere
We're goin' on a treasure hunt
And you can come along

ACTIVITY SUGGESTIONS: The children should repeat every line after Stephen with the exception of the last one. Here are the suggested movements: *"We're goin' on a treasure hunt"* — put hand above eyes and look around. *"In search of pirate booty"* — put hands in front of face rubbing thumbs on fingers. *"We won't stop 'til we find it"* — stretch out arm with palm straight up and down. *"'Cause it's our pirate duty"* — make a fist and move arm across body. *"It could be over here"* — put one hand above eyes and point with free hand. *"It could be over there"* — put other hand above eyes and point with free hand. *"It could be buried deep"* — point down with both hands while moving hands down. *"It could be anywhere"* — point all around with both hands. *"We're goin' on a treasure hunt"* — put hand above eyes and look around. *"And you can come along"* — point to someone and motion them towards you.

Instrumental Tracks:

23. Syllables

24. Goin' On A Treasure Hunt



Credits

Musicians

Drums/Percussion Randy Nichols

Bass Chuck Archard

Electric/Acoustic Guitars Mark Poole

Acoustic Guitars on: Stephen Fite

So Long, Goodbye
Superhero Sound Off
Onomatopoeia
Water is a Curious Thing
Put Your Hands in the Air

Electric Guitars on: Stephen Fite

Water is a Curious Thing
Double Up

Flute, Saxophone
& Recorder Eddie Marshall

Keyboards Michael Hurley

Lead Vocals Stephen Fite

Background Vocals Randy Nichols

Juan Cantu
Stephen Fite

Children's Vocals Hannah Groves

Christian Alexander
Gracie Alexander
Joseph DeRosa
Sophia DeRosa

All Songs written by Stephen Fite
Arrangements by Stephen Fite
Recorded & Mixed at: Lone Pine Studios,
Orlando, Florida
Engineer Michael Hurley
Mixing Engineer Michael Hurley

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

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