



# THE ENERGY SONG



Let's move fast—run in place,  
Quick feet, quick arms, make some space!  
Run, run, run—go, go, go!  
Let's move fast—run in place,  
Quick feet, quick arms, make some space!  
Run, run, run—go, go, go!

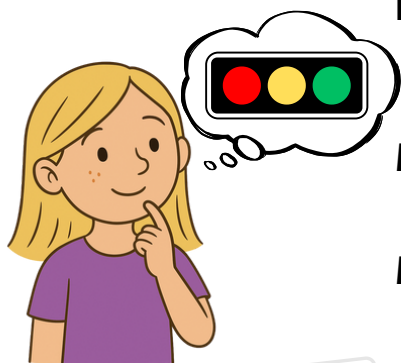
Link for the video  
and song  
[https://youtu.be/Pe\\_ejOBDedHI](https://youtu.be/Pe_ejOBDedHI)



Now FREEZE!  
How does that feel?  
Is your body moving too fast?



Too fast, too slow, or just right?  
Check your body, feel it tight or light.  
You can choose to change your speed,  
To match your brain and what you need.



Now move slow—take small steps,  
Soft and quiet, like you're at rest.  
Move your arms and take deep breaths.  
Now move slow—take small steps,  
Soft and quiet, like you're at rest.  
Move your arms and take deep breaths.



Now FREEZE!  
How does that feel?  
Is your body moving too slow?

Too fast, too slow, or just right?  
Check your body, feel it tight or light.  
You can choose to change your speed,  
To match your brain and what you need.



Now march in place to a steady beat,  
One-two, one-two—feel your feet.  
Not too fast and not too slow,  
Now march in place to a steady beat,  
One-two, one-two—feel your feet.  
Not too fast and not too slow,



Now FREEZE!  
How does that feel?  
Is your body ready to go?

Too fast, too slow, or just right?  
Check your body, feel it tight or light.  
You can choose to change your speed,  
To match your brain and what you need.

