



Educator guide: “Born to Shine” song

Recommended for grades:

1st grade

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this activity students will be able to:

1. Recognize healthy habits for the body and mind.

Activity description:

“Born to Shine” is a fun, upbeat song that talks about how to handle big feelings and how to share your thoughts and dreams with friends and family, written and performed by The Figureheads. Students can be encouraged to get up and dance along with the song. Playing the song can be a great way to start out each day’s bullying prevention lesson or activity.

The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at figureheadsinc@gmail.com or 414-520-3275 or [Facebook.com/figureheadsinc](https://www.facebook.com/figureheadsinc).



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the “Born to Shine” song activity. You may choose to use this list in any way that fits your needs.

- Feelings – emotions such as happy, sad, excited, scared or angry that a person can feel throughout the day
- Thoughts – an idea or opinion in the mind

“Born to Shine” lyrics

One, two, ready go.

(Chorus)

We are the dreamers
wake up and see us.
We are, yes, we are.
We are the dreamers,
Wake up and see us
We are the ones who were born to shine
with hearts full of hope and healthy minds

(Hook)

Breathe in the new day, you can do it
It's as simple as in and out.
Take a deep breath in tune with the music,
in through the nose and out through the mouth.

(Verse 1)

Have you ever had a feeling that was too big to share?
And you might have wondered how it even got there
and it made you mad, sad or scared.
And you have the thought, “Does anybody care?”
Well, you're not alone. You're part of a crew.
It's a human thing. It's not just you.
It's a common thing we all go through.
So find a safe person that you can talk to
'cause momma always said there'll be days like this
when your feelings and thoughts are tied in a knot
and you're not sure how to untangle the twist.
Well, here's a couple of things I was taught.
Take a little walk, take a quick break,
come back to it with a fresh mind state.
Some things can wait If you're feeling frustrated,
you can take a break and come back to it later.
When I fall down, I get up again,
take a deep breath and I count to ten
yeah, I'll take a belly breath in and out
in through the nose and out through the mouth.

(Hook)

Take a deep breath.
You can do it. In then out.
Take a deep breath in tune the music,
in through the nose, out through the mouth.



(Chorus)

We are the dreamers
wake up and see us.

We are the ones who were born to shine
with hearts full of hope and healthy minds

We are the dreamers
wake up and see us.

We are the ones who were born to shine
with hearts full of hope and healthy minds.

(Hook)

Take a deep breath, now.

You can do it. In then out.

Take a deep breath

and we gonna get through it,

in through the nose and out through the mouth.

(Verse 2)

Have you ever had a dream

'bout what you want to be?

things you want to do?

places you want to see?

Do you share those thoughts with your family

or write them in your journal Like Dear Diary?

When my mind is buzzing like bees in a hive

and I have lots of thoughts at the same time,

I pick one thing that I'm thankful for,

like fresh air coming through an open door

or sunbeams shining through a gap in the clouds

or a song that I love and can sing out loud.

Then I dance around till I'm out of breath.

Then I'll take a quick rest and I get refreshed because

(Chorus)

We are the dreamers
wake up and see us.

We are the ones who were born to shine
with hearts full of hope and healthy minds

We are the dreamers
wake up and see us.

We are the ones who were born to shine
with hearts full of hope and healthy minds.



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