



Educator guide: “Bright Star” song

Recommended for grades:

4th – 5th grades

Time:

4 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.
- Standard 7: Demonstrate practices and behaviors 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.

Activity description:

“Bright Star” is a fun, high energy song, written and performed by The Figureheads. It talks about the many different ways to stay drug free, including being a good friend, getting involved in music, sports and other interests and being the best person you can be. The song is played with the lyrics displayed on screen so students can follow and sing along. It may also be fun for each student to get a copy of the song lyrics to sing along, think about what the lyrics mean or even to inspire writing their own song!

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 “Bright Star” song activity. You may choose to use this list in any way that fits your needs.

- Alcohol – a liquid drug that is a depressant, meaning it slows down the body. Alcoholic drinks can come in the form of beer, wine or hard liquor.
- Marijuana – a drug made from dry, shredded leaves, stems and flowers of the cannabis sativa plant. It is also called “pot” or “weed.”
- Tobacco – the plant used to make products such as cigarettes, cigars and chewing tobacco

“Bright Star” lyrics

Chorus:

You've got that hope inside
Let your heart open wide
Don't be afraid, there's always a way
To shine your light, bright star
You've got that hope inside
Let your heart open wide
Don't be afraid, there's always a way
To let your light shine

Verse 1:

As you grow older and life starts to open
There's a chance for hearts to get broken
You'll see folks around you start smokin'
Just so you know, there's better ways of copin'
Than alcohol, tobacco, marijuana,
You may hear people say come on you know you wanna
But if you just stay connected to your people
Friends and family, the ones who really see you
Then you won't need to run away
From the situations you face every day
You can say no to what won't help you grow
And you can say yes to anything that's fresh
Music, sports, clubs, stories
Set goals like becoming a good goalie
You can stand firm in who you really are
And shine that light cuz you are a bright star

Chorus

Verse 2:

There's so much that you've got to offer
Young leader, you're an author
So what kind of story you wanna write
You can tell it by your actions and the way you live your life
Start with a problem, see if you can help solve it
Is there a group that you could get involved with
Like being a friend to someone with disabilities
There are so many cool possibilities
For you to build your skills and gain confidence



Talent shows, science experiments, all of it
Even if it doesn't come very easy
Keep practicing and seizing the day
On piano keys or the strings of a guitar
Don't be afraid to work really hard
And choose your friends that like you for who you are
And shine that light cuz you are a bright star

Chorus 3X

So bright, that's right
So bright, that's right
Don't be afraid, let your light shine



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