

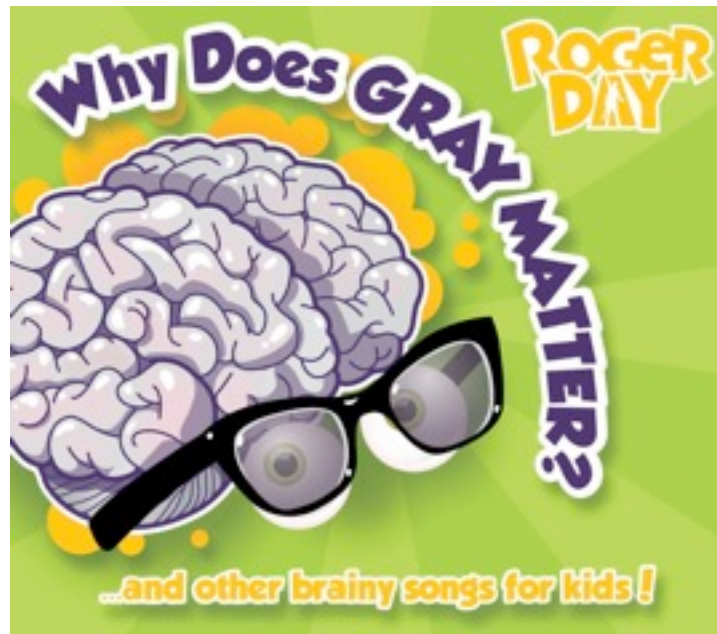
“Mr. Day wants his listeners to have their thinking caps on.”

*The New York Times*

## **ROGER DAY STUDY GUIDE**

### **SHAKE UP YOUR BRAIN**

*FROM THE CD WHY DOES GRAY MATTER?*



*A PARENTS' CHOICE GOLD AWARD® WINNER*

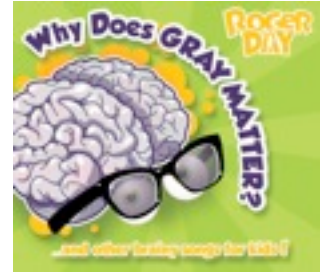


**ABOUT THE ARTIST • ABOUT THE SHOW • ABOUT THE SONGS •  
CLASSROOM IDEAS**

## ABOUT THE ARTIST:

### Roger Day creates music from the heart and the head

What does a former camp counselor who studied German and spent ten years playing college coffeehouses do with his life? Write and sing award-winning children's music, of course. Roger Day takes inspiration from The Beatles, U2 and even The Clash. A two-time Parents' Choice Gold Award® winner, he's worked with artists such as the Indigo Girls, Nanci Griffith and The Crickets (Buddy Holly's legendary band). His skilled musicianship combines with his wit and wordplay to create a musical experience that parents and teachers enjoy as much as their kids.



## ABOUT THE SHOW:

### Schoolhouse Rock meets Bill Nye, the Science Guy

Roger Day's "Shake Up Your Brain" show features smart, interactive music that exercises both mind and muscle. Literally. His fourth CD *Why Does Gray Matter?* features 14 tracks that make innovative use of "the brain" as a theme for every song. "I'm pretty sure it's the first recording session in Nashville to research Web MD for fact checks," says Roger. "One song is even co-written with a college friend who is an actual neuropathologist. It's the only kid's song I know of that uses the terms 'Corpus Callosum' and 'Deep Basal Ganglia' while referencing Ringo Starr."



The Schoolhouse Rock quality of this project is impossible to ignore and one of its best features. If you didn't hear these songs at one of his shows first you might think you knew them from watching cartoons on Saturday mornings years ago. For this reason, Day's music counts adults as some of its biggest fans. Roger acknowledges, "I've had more than one parent admit they listen to my CDs even when their kids aren't around."

Roger incorporates songs from his other award-winning CDs into "Shake Up Your Brain" as well, including XM/Sirius Radio favorites "Mosquito Burrito", "Parachute Girl" and his first number-one song "I Like Yaks!"

## ABOUT THE SONGS:

### **Sara Bellum, the Brainy Girl**

She's got the IQ of Einstein and can't wait to tackle the toughest questions.

### **Shake Up Your Brain**

There's no secret to getting good ideas going in your head. Just act like a 1980s heavy metal rock star and "Shake Up Your Brain".

### **The Left Brain/Right Brain Song**

Baroque string quartet on the left meets British Punk Rock band on the right.

### **Brain Food - Eat It Up!**

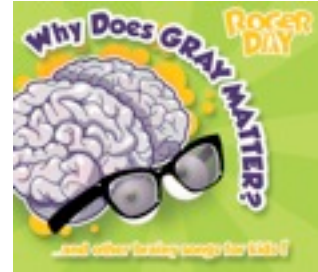
If the B-52's had a song about the best foods for brain health this would be it.

### **Monkey Brains**

Might be a little autobiographical...a song for the kid (or teacher) who has just a little trouble focusing in class. A future songwriter for sure!

### **Brain Freeze!**

Important warning about the dangers of the "cerebral-atory" milkshake.



### **Build a Better World**

So, what should kids do with all knowledge? Make the world a better place, of course!

## OTHER FUN SONGS ROGER SINGS DURING THE SHOW:

### **Mosquito Burrito**

A song that teaches students and teachers alike how to make a tasty, nutritious snack that's totally natural and organic. If a tad gross.

### **It's a No-No to Kiss a Rhino**

The most important song Roger's ever written. Pay close attention. It could save your life.

### **I Like Yaks!**

No climb to the top of Mt. Everest would be possible without a little help from our furry friend. So put on your heaviest winter coat, pack your pack, grab some rope and let's go to the summit!

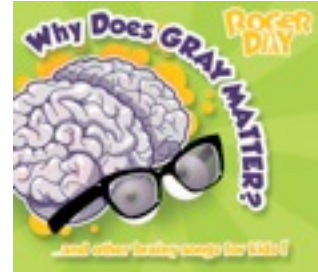
### **Parachute Girl**

The bravest girl in the whole world. She's got enough courage in her heart to jump out of an airplane and into the sky



## WORDS TO KNOW BEFORE THE SHOW:

*Roger has a knack for taking complex ideas and making them simple enough for any student to understand. Have your students listen for the following words during Roger's show:*



### **Cerebral (“Sara Bellum”):**

Another word for “brainy”. Because Sara is so smart, she’s the “unbelievably cerebral girl”.

### **Cerebellum (“Shake Up Your Brain”):**

Literally means “little brain”. It’s the part of your brain that acts like a conductor. It takes the spark of an idea and sends it to your muscles. Let’s dance!

### **Gray Matter (“Why Does Gray Matter?”):**

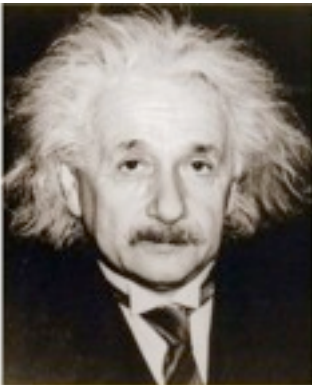
It’s a fun word that means your “brain”. Roger’s song and CD title is a “pun” -- a play on words. Indeed, “gray” does matter! Why? Because he helps us turn our ideas into action.

### **The Left Brain (“The Left Brain/Right Brain Song”):**

Scientists believe that there are two-halves of the brain that have important, but different jobs. The “Left Brain” is the part that loves to do math and keep us organized.

### **The Right Brain (“The Left Brain/Right Brain Song”):**

The “Right Brain” is the part of our brain that makes us creative. It’s the part that likes to make up songs and draw beautiful paintings.



### **Einstein (“Sara Bellum”):**

As in Albert Einstein. Born in 1879 in Germany, he is best known for the theory of relativity.  $E=MC^2$ . He’s also famous for his crazy hair cut and cool mustache. He won the Nobel Prize in Physics in 1921.

## EXTRA CREDIT:

### **Spheno Palantine Ganglion Neuralgia (“Brain Freeze!”):**

The official, scientific word for BRAIN FREEZE! That’s what happens when you drink something really cold, really fast.

*Source: CJ Ciuca - JV Washam Elementary, Huntersville, NC*

## CLASSROOM IDEAS:

### Brain-Freeze Tag:

Brain-freeze tag is similar to the game of "freeze tag" with a few different rules. Start with one player who is "it." This player then tries to tag another player. A tagged player must freeze (hold still). The only way for the player to get unfrozen is to have another player touch his or her hand AND say a "brainy" word. (Cerebellum, Cerebral Cortex, etc.) After the word is said, both players are back in the game and must avoid the "it" player).



Source: Neuroscience for Kids - <http://faculty.washington.edu/chudler/outside.html>

### Brain Boggle:

Unscramble the following letters to get a "brainy" word:

- raibn
- bmceuleler
- ynoekm nsraib
- ygar ttamer
- bniar fdoo
- eltf iarbn
- dloone
- niumcran
- etg ouyr ainbr ni raeg
- stnieenie

Adapted from Neuroscience for Kids - <http://faculty.washington.edu/chudler/outside.html>

### The Brainy Banquet:

Just in time for those dreaded standardized tests, serve a "Brainy Banquet" with all the foods from Rogers "Brain Food - Eat it Up!" song.

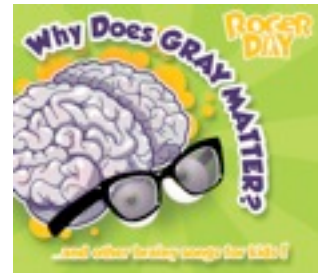
On the menu:

- Salmon
- Spinach
- Blueberries
- Cranberries
- Whole Wheat
- Green Tea
- Chocolate
- And for fun, find a "brain" mold and make some yummy jello!

## Take The Brain Train:

Divide the class into three or four groups. Give each group index cards with these parts of the brain written on them:

- Left frontal Lobe
- Right Brain
- Corpus Callosum
- Deep Basal Ganglia
- Cerebellum
- Spinal Cord



As the song plays, see which group can organize a “brain train” with each part of the brain in order. (Similar to a “conga line”.)

## SUGGESTED RESOURCES:

KidsHealth (about the brain)

<http://kidshealth.org/kid/htbw/brain.html>

KidsHealth (Roger Day Link)

[http://kidshealth.org/kid/closet/activities/brain\\_songs.html](http://kidshealth.org/kid/closet/activities/brain_songs.html)

Neuroscience for Kids

<http://faculty.washington.edu/chudler/neurok.html>

The Secret Life of the Brain

<http://www.pbs.org/wnet/brain/>

Brain Foods

<http://www.brainready.com/blog/thetop5brainhealthfoods.html>

More Brain Foods

<http://www.webmd.com/add-adhd/slideshow-brain-foods-that-help-you-concentrate>