

## ALBUM LYRICS: ENERGETIC by Marsha and the Positrons

### 1. Buzz Buzz

All the bees say buzz, buzz, buzz, buzz, buzz  
And they do a little dance, because  
They gotta tell their friends where to find  
The best kind of trees.

The ones where the blossoms are so sweet  
And there's plenty of pollen to eat  
Sharing directions where they've gotta go whoa-whoa-whoa-whoa.

And all the bees say buzz, buzz, buzz, buzz, buzz  
And they do a little dance, because  
They want to tell their friends where to find  
A safe place to be.

A shady hollow in a tree  
Where they can build honeycomb you see  
But how far to fly and is it high or low whoa-whoa-whoa-whoa?

And all the bees say buzz, buzz, buzz, buzz, buzz  
And they do a little dance, because  
It's a way to share their messages quickly

They do the Waggle Dance!  
You gotta flap with both your hands  
Add a wiggle and there you go,  
You can do it fast or slow

Do the Waggle Dance  
Don't let it put you in a trance,  
Do a wiggle — there you go!  
Try it fast and slow

It carries information, you see.  
The kind you need when you're a bee.  
Do the Waggle Dance!

'Cause all the bees say buzz, buzz, buzz, buzz, buzz  
And they do a little dance, because  
They gotta tell their friends where to find  
The best kind of trees.

And all the bees say buzz, buzz, buzz, buzz, buzz  
And they do a little dance, because  
They want to tell their friends where to find  
A safe place to be.

And all the bees say buzz, buzz, buzz, buzz, buzz  
And they do a little dance buzz, buzz, buzz, buzz  
Yeah all the bees say buzz, buzz, buzz, buzz, buzz  
And they do a little dance buzz, buzz, buzz, buzz

### 2. Counting on My Brain

You've got 1 — one little brain in your head  
It controls everything you've ever done or said  
And you've got 2, two hemispheres that make up the  
Two halves of that one little brain in your head!

There are 3 parts going top to bottom,  
The cerebrum, cerebellum and the brain stem.  
And those three parts going top to bottom,  
Include two hemispheres of that  
One little brain in your head.

1-2-3 — I'm counting on my brain.  
Just like we can count on clouds to make the rain.  
And we can count on waves to keep crashing to the shore.  
Oh, 1-2-3 — let's count a little more!

You've got 1 — one little brain in your head  
All it takes is one small thought to start a thread  
For a great idea — surprising, awe-inspiring!  
All from one, one little brain in your head.

Well, we've got 4 — four lobes of the brain.  
Occipital, parietal, temporal and frontal.  
And those 4 lobes make up each hemisphere,  
Of that 1 — one little brain in your head!

And you've got 5 — five senses,  
Seeing, hearing, taste, touch, and smell.  
Your receptors for those five senses,  
Make paths called neural networks in that  
One little brain in your head!

1-2-3-4-5 — I'm counting on my brain.  
Like we count on water to flow down the drain.  
And we can count on our earth to have a hot molten core.  
Oh, 1-2-3-4-5 — let's count a little more!

You've got 1 — one little brain in your head  
All it takes is one small thought to start a thread  
For a great idea — surprising, awe-inspiring!  
All from one, one little brain in your head.  
All from one, one little brain in your head.

### 3. Starlings

'Sup world? Marsha. Positrons. SaulPaul.  
The starlings fly, unified  
Making amazing shapes in the sky  
Let's unify, fly right  
When we are together let nothing divide us (Let's go), yeah

The starlings fly  
Shapes in the sky  
Never collide  
Making formations (That's it)

How do they know? (How do they know?)  
Which way to go? (Which way to go?)  
Cloud ebbs and flows (Cloud ebbs and flows)  
It's called a murmuration

Like a marching band  
Every step planned  
Speeding over land  
Starling formations

Scientists don't know  
Why no one goes rogue  
What secrets will unfold?  
Of their murmurations

Such a surprise (such a surprise)  
Before my eyes (before my eyes)  
Bird clouds arise (bird clouds arise)  
Making formations

The starlings go (the starlings go)  
Fly to and fro (fly to and fro)  
Magical show (magical show)  
It's called a murmuration

The starlings fly, unified  
Making amazing shapes in the sky  
Let's unify, fly right  
When we are together let nothing divide us,

Proud as a peacock  
Graceful as a swan  
Starlings do star things  
They stand next to none  
When you look up in the mirror  
I hope you do the same  
It's OK to be different  
You can do your thing  
I'm talking left, right, left, right  
Jig with it — that's fresh, right?  
You give a little, you get a little

When we come together we shine extra bright  
Take a chance and learn the dance moves  
Do all that you plan to  
Attitude on can do  
While we shine bright like candles

(That's it)

So many birds  
I'm lost for words (I'm lost for words)  
Their roar is heard (their roar is heard)  
As they make formations

It's an intricate dance  
Will you take the chance?  
Start making your plans  
A unified formation

The roar is heard  
In a unified formation

Our roar is heard  
A unified formation

#### **4. Whether the Weather**

Whether the weather is hot or cold  
Or if the forecast calls for rain or snow  
Tells me whether  
I should bring an umbrella  
Or wear boots or my trusty raincoat

When I know there'll be sunshine,  
It sure makes me feel fine  
And I don't mind it when the wind blows  
I look to the meteorologist  
So I can choose the right clothes

Whether the weather is wet or dry  
Or if the temperatures are low or high  
Tells me whether  
I'll need down feathers  
Or what SPF I should apply

And whether there's mist, fog, sleet, hail  
I won't have a wardrobe fail  
I check what the forecast will bring  
I look to the meteorologist  
So I can do the right thing

'Cause the thunder and lightning  
Can sometimes be frightening  
I don't play when the weather's intense  
With a tornado or typhoon  
Get to safety real soon  
Go inside — it just makes sense!

Whether the weather is stormy or nice  
You don't have to tell me twice.  
I look to the meteorologist  
For some good advice!

I look to the meteorologist  
For some good advice!

#### **5. Ghost Forest Investigators**

Ghost forest investigators — what's happening here?  
That grayish-white hue makes me think you've got ghouls hiding near!  
When did the tree trunks turn so white?  
Did it happen overnight?  
Or is it getting close to Halloween?

Well the air smells salty like when you're at the beach  
When you walk in the woods, those waves should be out of reach  
The bark fell off, the trunks turned white  
The leaves could no longer grow and stay green  
Sea level rise—that's what made this spooky scene  
Ghost forest investigators — what's happening here?

Marsha Goodman-Wood

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That grayish-white hue makes me think you've got ghouls hiding near!  
When did the tree trunks turn so white?  
Did it happen overnight?  
Or is it getting close to Halloween?

I guess the trees were thirsty, but what could they do?  
Not drink that salty water, it's sad but true.  
Without some clean clear H<sub>2</sub>O,  
The trees could no longer stay lush and green  
Sea levels rose and that made this spooky scene

In the darkness of the night,  
You'll find a way to shine your light  
With scary things around,  
When you're brave and calm I've found  
The truth becomes clear  
And soon it'll be alright

Ghost forest investigators — I know what we can do here  
Take climate action, the satisfaction — will soon become clear  
Prevent erosion of our coasts.  
Make them less like homes for ghosts.  
Look out for scary things this Halloween!  
We can scare the scary things, now scream!! Boo!!

## 6. Meet Me in My Dreams

Oh you can't go back to your dreams,  
As unfair as it may seem.  
Sometimes you're pulled away  
From an amazing day  
When the alarm clock calls you to reality.

What if you meet me in my dreams?  
Outside it's dark skies, stars & moonbeams.  
But when you meet me in my dreams.  
I want it to be as real as it seems.

And when you wake up it's a new day.  
Will you go outside and get a chance to play?  
Yeah, you have work to do.  
And that's part of life, too.  
But keep the fun in mind and you'll be OK.

What if you meet me in my dreams?  
Outside it's dark skies, stars & moonbeams.  
But when you meet me in my dreams.  
I want it to be as real as it seems.

What if you meet me in my dreams?  
I'll skip the dark skies, my moonbeam.  
I'll take the stardust and its schemes.  
As it weaves stories in my dreams.

You know I wanna get more sleep.  
Slow-wave comes first, your brain needs to go deep.  
But when you breathe and relax.  
Cool and calm, stress will pass.  
Then dream: imagination mixed with memory.

What if you meet me in my dreams?  
Outside it's dark skies, stars & moonbeams.  
But when you meet me in my dreams.  
I want it to be as real as it seems.  
I want it to be as real as it seems.

## 7. Kinetic and Potential Energy

Kinetic and potential energy  
What kind of work could it be?  
It never disappears.  
It gets converted — changes gears.  
Whether moving or still,  
Changing proportionately.

I'm saving it up!  
It's potential energy.  
I'm like a coiled up spring.  
Poised for my next big thing.  
I'm saving it up!

Activate your energy  
Be a catalyst for what you want to see  
Obey the law thermodynamically  
While you create reactions to set us free

When you move through the world, fast and free.  
You use kinetic energy.  
Round and round or place to place,  
Or vibrating in space.  
What is your mass and your velocity?

I'm moving around!  
I've got kinetic energy.  
I'm gonna dance and sing!  
Got joules, but not a king.  
I'm moving around!

Activate your energy  
Be a catalyst for what you want to see  
Obey the law thermodynamically  
While you create reactions to set us free

Activate your energy  
Be a catalyst for what you want to see  
Obey the law thermodynamically  
While you create reactions to set us free

### 8. Road to Bremen

We're on the road to Bremen,  
Making good friends along the way.  
We're gonna make some music,  
Where will this road will take me today?

First we need some rhythm,  
So everybody clap your hands!  
We're gonna make some music,  
Everybody now, play drums with the band!

We also need a bassline!  
So everybody get down low.  
We're gonna make some music,  
Sing along, how low can you go?

We also need piano,  
So everybody play a chord!  
Let's get our fingers ready,  
Everybody get on board!

We're on the road to Bremen,  
Making good friends along the way.  
We're gonna make some music,  
Where will this road will take me today?

We're gonna need some singers,  
So everybody sing out loud!  
Let's join our voices together,  
Sing harmony, be bold and proud!

La-la-la laaa-la-la-la  
La-la-la la-la-la  
La-la-la laaa-la-la-la  
La-la-la la-la-la la-la

La-la-la laaa-la-la-la  
La-la-la la-la-la  
La-la-la laaa-la-la-la  
La-la-la la-la-la la-la

We're on the road to Bremen,  
Making good friends along the way.  
We're gonna make some music,  
Where will this road will take me today?

We're on the road to Bremen,  
Making good friends along the way.  
We're gonna make some music,  
Where will this road will take me today?

I wonder where this road will take me today?

## 9. Shoelaces

Shoelaces — always come untied.  
Shoelaces — I swear to you I tried.  
To put that rabbit round the tree,  
And down the hole, now let me see.  
How did these butterflies all get inside?

Oh I wanna run, run, run, run, run — run around the town  
(shoe-la-la-la shoe-la-la-la)  
And I'm gonna jump, jump, jump, jump, jump— high off the ground  
(shoe-la-la-la shoe-la-la-la)  
When I figure it out, I know my heart's gonna soar  
They don't know I've never tied my laces before  
(shoe-la-la-la shoe-shoe)

Shoelaces — a challenge that I've got to face.  
Shoelaces always put me in my place.  
I'm just a kid trying my best.  
Shoelaces put me to the test.  
It shouldn't be that hard or am I way off base?

Oh I wanna run, run, run, run, run — run around the town  
(shoop-a-doop shoop-shoop-a-doop)  
And I'm gonna jump, jump, jump, jump, jump— high off the ground  
(shoop-a-doop shoop-shoop-a-doop)  
When I figure it out, I know my heart's gonna soar  
They don't know I've never tied my laces before  
(shoop-a-doop shoop-shoop-a-doop)

Oh I wanna run, run, run, run, run — run around the town  
(run around the town)  
And I'm gonna jump, jump, jump, jump, jump— high off the ground  
(high off the ground)  
When I figure it out, I know my heart's gonna soar  
(shoop-shoop-shoop-shoop)  
They don't know I've never tied my laces before  
(they don't know I've never tied my laces before)  
They don't know I've never tied my laces before  
(they don't know I've never tied my laces before)  
They don't know I've never tied my laces before

## 10. No More Doctor Blues

I'm going to the doctor  
But don't worry, I'm not sick  
It's time for my checkup  
They're gonna check me out real quick  
And if I'm really good  
I'll get a lollipop to lick  
(Or maybe a sticker to stick)

Oh, in the waiting room  
They got a bunch of toys  
They got picture books and magazines  
To entertain the girls and boys  
(And everyone in between)  
And if I need a vaccine  
I'm gonna keep my poise

Doc, Doc, Doc, Doc  
(Doc, Doc, Doc, Doc)  
I'm not scared of my shot  
(Let's get that shot)  
Doc, Doc, Doc, Doc  
(Doc, Doc, Doc, Doc)  
I'm ready for my shot  
(Let's get that shot)  
Doc, Doc, Doc, Doc  
(Doc, Doc, Doc, Doc)

I'm not giving up my shot  
(Let's get that shot)

When I was even younger  
I used to be afraid of shots (so afraid of shots)  
I worried and felt anxious  
My stomach was tied up in knots (so tied up in knots)  
It only hurts a little  
But it pre-occupied my thoughts

Now I'm a little older  
And I finally understand  
I just take a deep breath  
Sometimes my grownup holds my hand  
I've been sick a few times  
This is no big deal to withstand

Doc, Doc, Doc, Doc  
(Doc, Doc, Doc, Doc)  
I'm not scared of my shot  
(Let's get that shot)  
Doc, Doc, Doc, Doc  
(Doc, Doc, Doc, Doc)  
I'm ready for my shot  
(Let's get that shot)  
Doc, Doc, Doc, Doc  
(Doc, Doc, Doc, Doc)  
I'm not giving up my shot  
(Let's get that shot)

Oh, I'm free! Yeah, I'm free  
I got no more doctor blues  
I'm no longer afraid  
And I'm sharing the good news (such good good news, yeah)  
If you're feeling anxious  
I know you'll soon be in my shoes

Oh, I'm going to the doctor  
But don't worry, I'm not sick (don't worry, I'm not sick)  
It's time for my checkup

They're gonna check me out real quick  
And if I'm really good  
I'll get a lollipop to lick  
(Or maybe a sticker to stick)

Oh, yeah, if I'm really good  
I'll get a lollipop to lick  
(Sometimes they give me two stickers— ooh)

### 11. Fly Ladybug Fly

Ladybug on the windowsill  
I see you there sitting oh so still  
Oh, ladybug on the the windowsill  
Don't you wanna go outside?

Well there's, fresh air and warm sunshine  
Flowers, plants, and trees.  
You can take a rest on a garden leaf  
Or fly around with the bees

I know I don't have to convince you  
But it's better being outside,  
So, get out there and fly, ladybug, fly!

We'll fly, glide, and soar — flutter away (flutter away)  
Let's go on an adventure today (an adventure today)  
We'll catch a breeze to set us free,  
Where we'll end up, no one can say  
So, stretch your wings and flap, fly away.

My little friend by the windowsill  
I see you there sitting oh so still  
Oh my little friend by the windowsill,  
Don't you wanna go outside?

Well there's blue sky and puffy clouds  
Flowers, trees, and plants  
You can take a walk on a woodsy trail,  
Find a field to spin and dance

I know I don't have to convince you  
That it's better being outside,  
So, get out there and fly, little friend, fly!  
Oh, get out there and fly, my little friend, fly!  
Just, get out there and fly my little friend, fly!

## 12. Sound of the Cicadas

Do you hear the sound  
Of the cicadas?  
When they come around  
After quite a long hiatus.

Some stay underground for seventeen years!  
When they're ready to dig out a small hole appears.  
Once full grown their wings shimmer and shine!  
They can't jump, but they can fly just fine.

Oh, do you hear the sound  
Of the cicadas?  
When they come around  
After quite a long hiatus.

Some species find their magic number's thirteen,  
Other types appear each year on the scene.  
Those yearly kinds are bright green and blue,  
But the other broods are red and black — it's true!

And do you hear the sound  
Of the cicadas?  
When they come around  
After quite a long hiatus.

When they're young, they're known as nymphs  
Look around and you might catch a glimpse!  
When they come out you can see  
Exuviae on a nearby tree.

They leave those exoskeletons behind,  
To start out new, fresh, and refined.  
They sing their loudest insect song,

And soak the sun up all day long!

So, do you hear the sound  
Of the cicadas?  
When they come around  
After quite a long hiatus.

Oh I can hear the sound  
Of the cicadas?  
When they come around  
After quite a long hiatus.

Let's watch them come around  
After quite a long hiatus.  
We'll hear them come around  
After quite a long hiatus!

## 13. We're Going to the Library

We're going to the library, adventure awaits inside  
Stories will take us round the world; let's go on a wild ride  
Working our way from A to Z; through every age of history  
Words on the pages come to life — imagination's our guide

You can select a mystery (select a mystery)  
A series 'bout a magic tree ('bout a magic tree)  
Detectives searching for a clue (searching for a clue)  
If that appeals to you (that appeals to me -- wow)

Maybe you're fond of fairytales (I love fairytales)  
Nonfiction regarding sharks and whales (You know I love my sharks  
and whales)  
Short stories, fables, poetry (Love to read poetry)  
It all sounds good to me (sounds good to me)!

I know that the librarians will always help me out  
And if you want to make 'em happy, please don't be too loud  
Bet you can find a cozy nook, to sit on down and read your book  
Just remember to check it out, so they'll know you're not a crook!

Marsha Goodman-Wood

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(Don't be one of them book stealin' crooks...)

You can select a mystery (select a mystery)  
A series 'bout a magic tree ('bout a magic tree)  
Detectives searching for a clue (searching for a clue)  
If that appeals to you (that appeals to me -- wow)

Maybe you're fond of fairytales (I love fairytales)  
Nonfiction regarding sharks and whales (You know I love my sharks  
and whales)  
Short stories, fables, poetry (Love to read poetry)  
It all sounds good to me (sounds good to me)!

When you go to the library, you'll find some solitude  
Seeing everyone studying, get's you in a learning mood  
Walking down those book corridors, you'll find new topics to explore  
So, let's go to the library, let's discover new books

Yeah, let's find ourselves some new books  
Oh, I'm gonna find me some books  
And, I'm gonna check out those books!

(Wait — did I forget my library card?  
Maybe they can look me up in the computer...  
Oh — there it is!)

#### **14. New Leaf**

I'm turning over a new leaf  
Clean slate, it's a new year  
Thinking over the last one  
And how did I get here

I'm starting fresh, it's gonna be fine  
If you put your hand in mine  
Apple of my eye, my sweet, honey, honey

And I'm feeling grateful  
New season and I'm here

And I want to wish you  
A happy sweet new year!

I'm starting fresh, it's gonna be fine  
If you put your hand in mine  
Apple of my eye, my sweet, honey, honey

I'm starting fresh, it's gonna be fine  
If you put your hand in mine  
Apple of my eye, my sweet, honey, honey  
It's gonna be sweet, apple of my eye, my honey, honey

#### **15. High Fives**

Got an unlimited supply of high fives  
Yeah, an unlimited supply of high fives  
As sure as I'm alive  
You know I'll give you a high five  
Got an unlimited supply of high fives

It's my positive energy  
That keeps me happy  
And when our hands touch, it's true  
You'll feel that positive energy too

Got an unlimited supply of high fives  
Yeah, an unlimited supply of high fives  
As sure as I'm alive  
You know I'll give you a high five  
Got an unlimited supply of high fives

When it comes to high fives, got unlimited supplies;  
Making people happy; and that is not a surprise.  
Energy high, it's gotta be renewable;  
If you haven't tried, it's easy and it's doable.  
Give a high five so you know I'm in your corner.  
Hands up in the air, I know you really wanna!  
Every time it happens we all feel good —  
I'd give the whole world a high five if I could!

Giving high fives, another way to celebrate  
And let somebody know what they did was great!  
Here, there, everywhere, getting so excited  
I'm going out to play and everybody is invited!  
Another high five for you, now who's next?  
Pass it on and let em know you think they are the best.  
Giving high fives — that's what it's about;  
Unlimited supplies so we'll never run out!

I've got an unlimited supply of high fives  
Yeah, an unlimited supply of high fives  
As sure as I'm alive  
You know I'll give you a high five  
Got an unlimited supply of high fives

I've got an unlimited supply of high fives  
Yeah, an unlimited supply of high fives  
As sure as I'm alive  
You know I'll give you a high five  
Got an unlimited supply of high fives