

WHY DOES GRAY MATTER?

Words and Music © 2010 Roger Day and Chris Roberts

From the CD *Why Does Gray Matter?* Available at RogerDay.com

My teacher lost me I admit
I don't understand one little bit
Why not purple? Even pink?

Of all the colors in the universe
Why does this one make me think?

WHY OH WHY OH WHY
WHY DOES GRAY MATTER
WHY OH WHY OH WHY
WHY DOES GRAY MATTER

She says it helps me remember things
Like long division and the songs I sing
I kinda get it but I'm still confused

It's such a boring color
How come it's not red or green or blue?

WHY OH WHY OH WHY
WHY DOES GRAY MATTER
WHY OH WHY OH WHY
WHY DOES GRAY MATTER

Of all the shiny choices in the technicolor world where we live
Why is my brain gray? – instead of something like ROY G BIV?

WHY OH WHY OH WHY
WHY DOES GRAY MATTER (What difference could it make?)
WHY OH WHY OH WHY
WHY DOES GRAY MATTER (What difference could it make?)

SARA BELLUM, THE BRAINY GIRL

Words & Music © 2010 Roger Day

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She's got it figured out
She knows what her life is all about
She's got a head full of big ideas...that'll change the world

SARA BELLUM, SHE'S THE BRAINY GIRL
SARA BELLUM, THE UNBELIEVABLY CEREBRAL GIRL

She never wastes time
She's got a lot of things on her mind
She loves it when a problem's complicated...She'll work it out

SARA BELLUM, SHE'S THE BRAINY GIRL
SARA BELLUM, THE UNBELIEVABLY CEREBRAL GIRL

If Einstein were here
He'd make it very clear
How much he longs to be
As quick and smart - as Sara B!

She's got it figured out
She'll find the answer there's no doubt
And if she doesn't get it right first time...
She'll try and try and try and try again...and again

SARA BELLUM, SHE'S THE BRAINY GIRL
SARA BELLUM, THE UNBELIEVABLY CEREBRAL GIRL
SARA BELLUM, SHE'S THE BRAINY GIRL
SARA BELLUM, THE UNBELIEVABLY CEREBRAL GIRL

The unbelievably cerebral girl
The unbelievably cerebral girl
The unbelievably cerebral girl

INSIDE MY CRANIUM

Words & Music © 2010 Roger Day

From the CD *Why Does Gray Matter?* Available at RogerDay.com

My teacher's always calling me the prince of procrastination
I can find a million things to do instead of working on my multiplication

So I'm gonna change my ways
And I might even start today...

IT'S TIME TO GET IT DONE INSIDE MY CRANIUM
YEAH, YEAH, YEAH, YEAH
CREATE A LITTE FUN INSIDE MY CRANIUM
YEAH, YEAH, YEAH, YEAH

My teacher's always telling me there's no time like the present
That it's impossible to spend my life avoiding everything unpleasant

She's got a point you know
So maybe when I'm finished with this show...

IT'S TIME TO GET IT DONE INSIDE MY CRANIUM
YEAH, YEAH, YEAH, YEAH
CREATE A LITTE FUN INSIDE MY CRANIUM
YEAH, YEAH, YEAH, YEAH

There's gonna be a brand new me
The whole world's gonna see it...eventually

IT'S TIME TO GET IT DONE INSIDE MY CRANIUM

CREATE A LITTE FUN INSIDE MY CRANIUM

IT'S TIME TO GET IT DONE INSIDE MY CRANIUM
YEAH, YEAH, YEAH, YEAH
PANDEMONIUM INSIDE MY CRANIUM
YEAH, YEAH, YEAH, YEAH

THE LEFT BRAIN/RIGHT BRAIN SONG

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From the CD *Why Does Gray Matter?* Available at RogerDay.com

My left brain likes to do the math
It likes to multiply, divide and subtract
My left brain keeps me organized
It helps me turn my homework in on time

MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
MY RIGHT BRAIN WANTS TO GO WILD AND CREATE

MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
MY RIGHT BRAIN WANTS TO DRAW AND ILLUSTRATE

My left brain follows the directions
It always starts at “a” goes to “z”
My left brain loves to do my taxes
It fills out every form on Schedule C

MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
PLAY ROCK ‘N’ ROLL GUITAR JUST LIKE SLASH

MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
MY RIGHT BRAIN WANTS TO ROCK THE HOUSE
MY RIGHT BRAIN WANTS THIS SONG TO BE A SMASH
EVEN BIGGER THAN THE MONSTER MASH
MAYBE ROCK THE CASBAH LIKE THE CLASH

BRAIN FREEZE

Words & Music © 2010 Roger Day

From the CD *Why Does Gray Matter?* Available at RogerDay.com

Last night I played my first double header
Mom & Dad said I had never played better
So after the game they took me out to celebrate
That's when I ordered up an ice-cold double chocolate milk shake

I started drinking fast 'cause it tasted great
My Dad tried to warn me a little too late...

I GOT BRAIN FREEZE
BRAIN FREEZE
BRAIN FREEZE
BRAIN FREEZE

At the school play I was the main attraction
I was Isaac Newton Mr. Equal Reaction

After the show I got a slushie drink
I slurped the whole thing down before I could think....

I GOT BRAIN FREEZE
BRAIN FREEZE
BRAIN FREEZE
BRAIN FREEZE

To all you super stars here's a little tip
If it's a really cold drink only take a sip

YOU'LL GET BRAIN FREEZE
BRAIN FREEZE
BRAIN FREEZE
BRAIN FREEZE

I GOT BRAIN FREEZE
I GOT BRAIN FREEZE
I GOT BRAIN FREEZE
I GOT BRAIN FREEEEEEEEEEZE!

GET YOUR BRAIN IN GEAR

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From the CD *Why Does Gray Matter?* Available at RogerDay.com

Get your brain in gear
Get your brain in gear
There's no time for wasting here
Get your brain in gear
Let me make this very clear – you gotta get your brain in gear

Get your brain in gear
Get your brain in gear
There's no time for wasting here
Get your brain in gear
Let me make this very clear – you gotta get your brain in gear

1st gear...
2nd gear...
3rd gear...
4th gear...
Goodness, gracious, sakes, alive
It's time to shift to turbo drive!

Get your brain in gear
Get your brain in gear
There's no time for wasting here
Get your brain in gear
Let me make this very clear – you gotta get your brain in gear

IT'S A NO BRAINER

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From the CD *Why Does Gray Matter?* Available at RogerDay.com

$$1 + 1 = 2$$

$$2 + 2 = 4$$

$$4 + 4 = 8$$

Don't you think math is great?

IT'S A NO BRAINER

IT'S A NO BRAINER

IT'S A NO BRAINER

IT'S EASY AS PIE

$$8 + 8 = 16$$

$$16 + 16 = 32$$

$$32 + 32 = 64$$

Are you ready to add some more?

IT'S A NO BRAINER

IT'S A NO BRAINER

IT'S A NO BRAINER

IT'S EASY AS PIE

$$64 + 64 = 128$$

$$128 + 128 = 256$$

$$256 + 256 = 512$$

$$512 + 512 = 1024$$

$$1024 + 1024 = 2048$$

$$2048 + 2048 = 4096$$

$$4096 + 4096 = 8192 \times 0 = 0$$

Man, that was all for nothing

IT'S A NO BRAINER

IT'S A NO BRAINER

IT'S A NO BRAINER

IT'S EASY AS

3.14

159

26

535

897-9323

846-2643

Ad infinitum – ad naseum – ad hoc – ad lib

BRAIN TRAIN

**Words & Music © 2010 Roger Day and Dr. John Paul Bouffard, MD
From the CD *Why Does Gray Matter?* Available at RogerDay.com**

The second that I think about playing the drums
I get an itchy feeling under my thumbs
That one simple thought about a musical notion
And my nervous system puts the wheels in motion

ON THE BRAIN TRAIN
MY THOUGHTS ARE RIDING ON THE BRAIN TRAIN
AT THE SPEED OF LIGHT
ON THE BRAIN TRAIN
A LITTLE FASTER ON THE BRAIN TRAIN...LIKE THIS

The left frontal lobe is where the idea is hatched
But the right brain must open the latch
Across the corpus callosum that's where it flows
On down the track where the rhythm grows

ON THE BRAIN TRAIN
MY THOUGHTS ARE RIDING ON THE BRAIN TRAIN
AT THE SPEED OF LIGHT
ON THE BRAIN TRAIN
A LITTLE FASTER ON THE BRAIN TRAIN

The deep basal ganglia sketch out a plan
To show you how you give a beat to the band
They send the blueprint to the cerebellum
That's the part of your brain that knows just what to tell 'em

The spinal cord's next, left hand, then right
They activate the muscles that rock all night.
Now I'm playing the drums like I'm Ringo Starr
Only took a nano second to travel this far

ON THE BRAIN TRAIN
MY THOUGHTS ARE RIDING ON THE BRAIN TRAIN
AT THE SPEED OF LIGHT
ON THE BRAIN TRAIN
A LITTLE FASTER ON THE BRAIN TRAIN

YEAH, THE BRAIN
MY THOUGHTS ARE RIDING ON THE BRAIN TRAIN
AT THE SPEED OF LIGHT
ON THE BRAIN TRAIN
A LITTLE FASTER ON THE BRAIN TRAIN

BRAIN FOOD – EAT IT UP!

Words & Music © 2010 Roger Day

From the CD *Why Does Gray Matter?* Available at RogerDay.com

BRAIN FOOD - IT'S GONNA MAKE YOU SMART DUDE

(BRAIN FOOD – EAT IT UP)

GET YOUR HEAD READY - PUT YOUR MIND IN THE RIGHT MOOD

(BRAIN FOOD – EAT IT UP)

Serve a little salmon with omega 3
Add a bite of spinach with vitamin e
A juicy tomato with lycopene
It's gonna make your head run like a machine

BRAIN FOOD - IT'S GONNA MAKE YOU SMART DUDE

(BRAIN FOOD – EAT IT UP)

GET YOUR HEAD READY - PUT YOUR MIND IN THE RIGHT MOOD

(BRAIN FOOD – EAT IT UP)

Blueberries are what you chew
If you want to elevate your IQ
Folic acid in whole wheat in bread
Now that's a smart thing to feed your head

BRAIN FOOD - IT'S GONNA MAKE YOU SMART DUDE

(BRAIN FOOD – EAT IT UP)

GET YOUR HEAD READY - PUT YOUR MIND IN THE RIGHT MOOD

(BRAIN FOOD – EAT IT UP)

And your brain won't mind when it's time for dessert
'Cause even scientists they'll admit a little chocolate never hurt

So if you get lost in a mental fog
Eat a handful of cranberries from the bog
Then wash it down with Green Tea
For intellectual clarity

BRAIN FOOD - IT'S GONNA MAKE YOU SMART DUDE

(BRAIN FOOD – EAT IT UP)

GET YOUR HEAD READY - PUT YOUR MIND IN THE RIGHT MOOD

(BRAIN FOOD – EAT IT UP)

YOU GOTTA EAT IT UP - YOU GOTTA EAT IT UP – YEAH!
YOU GOTTA EAT IT UP - YOU GOTTA EAT IT UP – YEAH!
YOU GOTTA EAT IT UP - YOU GOTTA EAT IT UP – YEAH!
YOU GOTTA EAT IT UP – GOTTA EAT IT UP!

CONCENTRATION (TURN ON YOUR BRAIN)

Words & Music © 2010 Roger Day

From the CD *Why Does Gray Matter?* Available at RogerDay.com

Turn on your brain just like a radio
Tuning in the station – Now you're ready go, go, go!

CONCENTRATION
CONCENTRATION
CONCENTRATION
CONCENTRATION

Turn on your brain like a laser beam of light
Focus on the problem first - yeah, you'll get it right

CONCENTRATION
CONCENTRATION
CONCENTRATION
CONCENTRATION

Turn your brain like a satellite in space
Communicate your answers to the whole human race

CONCENTRATION
CONCENTRATION
CONCENTRATION
CONCENTRATION

Turn your brain on!
Turn your brain on!
Turn your brain on!

USE YOUR NOODLE

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From the CD *Why Does Gray Matter?* Available at RogerDay.com

Now don't you listen
To the little voice in your head
Telling you you're not smart enough
You're better off giving up instead

It might take a little time to work it out
But you can solve the problem there's no doubt

YOU GOT TO USE YOUR NOODLE
YOU GOT TO USE YOUR NOODLE
YOU GOT TO USE YOUR NOODLE...RIGHT NOW

No need to pay attention
When your friends say they've had enough
Go ahead and cover up your ears
When they tell you that it's just too tough

There's not single answer anywhere you can't find
When you flex the muscles in your mind

YOU GOTTA USE YOUR NOODLE
YOU GOTTA USE YOUR NOODLE
YOU GOTTA USE YOUR NOODLE...RIGHT NOW

N-O-O-D-L-E use your nooooooodle
N-O-O-D-L-E use your nooooooodle
N-O-O-D-L-E use your nooooooodle
N-O-O-D-L-E use your nooooooodle

(THAT'S WHAT I LIKE ABOUT) USE YOUR NOODLE
YEAH, YOU GOT TO USE YOUR NOODLE
EVERYBOY USE YOUR NOODLE...RIGHT NOW

BUILD A BETTER WORLD

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From the CD *Why Does Gray Matter?* Available at RogerDay.com

If we put our heads together
We can find the answers one by one
You and I, we'll make each other smarter
And then we'll leave a brighter future when we're done

OH, WE'LL BUILD A BETTER WORLD
OH, WE'LL BUILD A BETTER WORLD

We are standing on the shoulders
The shoulders of giants - who lived long before
They left behind the answers to so many mysteries
Now it's our turn to solve some more

OH, WE'LL BUILD A BETTER WORLD
OH, WE'LL BUILD A BETTER WORLD

Now it's our turn to do a little more

OH, WE'LL BUILD A BETTER WORLD
OH, WE'LL BUILD A BETTER WORLD

If we put our heads together
We can find the answers one by one...

MONKEY BRAINS

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My big sister warned me that this might be weird
But now that it's happened it's not as bad as I feared
Sure I can't resist swinging vine to vine
But all things considered it's a pretty good time

I'VE GOT MONKEY BRAINS - LOOK AT ME
I'VE GOT MONKEY BRAINS - CLIMBING EVERY TREE
I'VE GOT MONKEY BRAINS - ALL IN MY HEAD
AND THAT'S THING MY TEACHER ALWAYS DREAMS

See it's hard for me focus when there's so much to do
Like grooming my neighbor - scratching under my arm too
In the middle of a test I get these cravings for papaya
It leaves my teacher crying "Mya - o - mya!"

"HAVE YOU GOT MONKEY BRAINS - WHAT'S HAPPENED TO YOU?
HAVE YOU GOT MONKEY BRAINS - DID YOU ESCAPE FROM A ZOO?
HAVE YOU GOT MONKEY BRAINS - ALL IN YOUR HEAD
THAT'S THE THING, YOU KNOW, I ALWAYS DREAM"

So now you've heard my story and you say, "That's cool.
But that would never, ever happen here at my school."
Well, you might be right but you know all it's gonna take
Is a simple little twist of your DNA

AND YOU'LL HAVE MONKEY BRAINS - JUST LIKE ME
YOU'LL HAVE MONKEY BRAINS - CLIMBING EVERY TREE
YOU'LL HAVE MONKEY BRAINS - ALL IN YOUR HEAD
YEAH, YOU'LL BE THE THING YOUR TEACHER ALWAYS DREAMS

WE'LL HAVE MONKEY BRAINS - YEAH, YOU AND ME
WE'LL HAVE MONKEY BRAINS - WE'LL BE CLIMBING EVERY TREE
WE'LL HAVE MONKEY BRAINS - ALL IN OUR HEADS
YEAH, WE'LL BE THE THING, YOU KNOW, OUR PRINCIPAL DREAMS

SHAKE UP YOUR BRAIN

(recorded live at Walnut Grove Elementary School, Franklin, TN – May 20, 2009)

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I quit. I can't take it anymore.
When the school bell rings I'll be running out the door
It's too hard. It hurts my head.
I think I'd rather take a little nap instead

But my mother says I gotta give it one more try
That I can do more than meets the eye
Take the first step. Get my ideas flowing.
Get my mind geared up. Get the gray matter going...

I GOTTA SHAKE UP MY BRAIN
I GOTTA SHAKE UP MY BRAIN
I GOTTA SHAKE UP MY BRAIN
SHAKE IT UP. SHAKE IT UP.

I'm stuck. I'm at a dead end.
My cerebellum won't budge it won't bend
It's too much. I wanna go play.
Maybe all my work will do itself while I'm away

But my Dad says "Son that's not the way that it works
You gotta start by rolling up the sleeves on your shirt
Concentrate. Take a little time.
You're gonna find the answers in the back of your mind

YOU GOTTA SHAKE UP YOUR BRAIN
YOU GOTTA SHAKE UP YOUR BRAIN
YOU GOTTA SHAKE UP YOUR BRAIN
GET YOUR NEURONS FLOWING LIKE A SUPER SONIC TRAIN

YOU GOTTA SHAKE UP YOUR BRAIN
YOU GOTTA SHAKE UP YOUR BRAIN
YOU GOTTA SHAKE UP YOUR BRAIN
SHAKE IT UP. SHAKE IT UP."