



ACTIVITY SHEET

FIT LIKE THE DAY

Lyrics

The playful deer a roaming in the woods alert and free
An owl wise and gliding making us all feel so calm
Dolphins diving in the sea, seals basking in the sun
We walk along the beach feeling lucky every day
So we say...

White horses rise and fa' on waves that turn into spray
Fresh air, water rising, the future's horizon
Sitting on the harbour wall, we crouch and count the fish
The bridge and glistening river, the ripples set us free
So we say...

Fields of seed and barley: yellow, green and gowd
Gowden eagles screech and soar, across bright blue sky
Deer hide in Logie Woods, where badgers build their dens
We look up to the skies and wonder if it ends
So we say...

The Deveron, Urie and the Don, slide quietly through toons
The flowing rivers invite me, for a dock in tae the Dee
Albert's Cairn, Balmoral Castle, Majestic Lochnagar
Fae the posh and the rich to the poor and the skint, the sights we all do see
So we say...

Seagulls flying overhead, they look oot on the world
As they watch all the schools, come together to be one
There's lots of ways to climb, explore, whilst buzzards fly above
New adventure flowing forward, as we reach towards the clouds
So we say...

The standing stanes o' Loanhead, tell me what you've seen?
The bonnie view o' Bennachie, the gowden towering hill
Castles glimmer in the sun, all around we see the trees
They'll be here intae the future, what will life be like then?
So we say...

Fit like the day, hey! Fit like the day, hey!
Wearie or cheerie let me hear you say:
Fit like the day, hey! Fit like the day,
Aberdeenshire's the best and we're proud of whaur we stay

Activity 1

Watch the YouTube video, do you recognise any of the places that we can see in the video?

Activity 2

The lyrics of the song mention many well-known places in Aberdeenshire. Pick a couple of the places that you haven't been to and find out some interesting information about them. If you have been to them all, you can just pick your favourites!



Activity 3

Map out the places mentioned on a map. Create the ultimate Aberdeenshire road trip itinerary using these places.



Activity 4

Come up with some actions for the song. Use the video for some inspiration!

