There’s one thing everyone needs
and I am sure that you will all agree that
in the end it comes down to energy

If you’ve got some, put some effort in now
’cause whatever it is
won’t be hanging around
Gotta put it in a bottle and store it
any way you can.

Catch and store energy every day,
any way that you can with care
Catch and store energy every day,
any way that you can while it’s there.

If the sun is shining down its rays
then get outside and make some hay
because you might just only have today
to do it

And when there’s more,
don’t keep it all yourself
Give some to a friend
with room on their shelf
Cos the best way to generate energy
is to keep it moving.

Catch and store energy every day,
any way that you can for later on
Catch and store energy every day,
any way that you can before it’s gone

Well now I’m young but it
won’t be long before
I grow old and this
energy will be gone
So I’d better find a way to pass it on

When you’re coming inside at the end
of the season,
preserve all your surplus and
save all your seeds and
reserve as much as you can for later on

Catch and store energy every day,
any way that you can for later on
Catch and store energy every day,
any way that you can before it’s gone