

♪ "CAN-DO!" KIDS ♪

Mini-Albums available from SongsForTeaching.com

All songs written by Linda K. Williams, except for "I'll Listen," which is by Patricia Mikkelson. Produced by Patricia Mikkelson.

For more info, please contact Linda K. Williams, LKW_BetterWorld@yahoo.com

SELF-ESTEEM Mini-Album

"Connected, Unique, and Powerful"

"I've Got to Love Myself Enough"

"You'll Really Like Me"

"I'll Picture Myself Succeeding"

CONFLICT MANAGEMENT Mini-Album

"It's OK to Feel"

"I've Got to Talk to Them"

"I'll Stand Up for Myself"

COOPERATIVE LEARNING Mini-Album

"I'll Listen"

"Us Against the Problem"

"Cooperative Learning Song"

PLEASE NOTE: Spanish lyrics are available, but not yet recorded

CONNECTED, UNIQUE, AND POWERFUL

(1)

**I'm connected to others.
I'm unique; I'm really special!
I'm powerful---in charge of my success.
Hooray for me!**

**I'm connected to others.
I'm unique; I'm really special!
I'm powerful---in charge of my success.
Hooray for me!**

(2)

**You're connected to others.
You're unique; you're really special!
You're powerful---in charge of your success.
Hooray for you!**

**You're connected to others.
You're unique; you're really special!
You're powerful---in charge of your success.
Hooray for you!**

(3)

**We're connected to others.
We're unique; we're really special!
We're powerful---in charge of our success.
Hooray for us!**

**We're connected to others.
We're unique; we're really special!
We're powerful---in charge of our success.
Hooray for us!---YEAH!**

(REPEAT SONG, ALL VERSES)

**Words and music copyright 1990 by Linda K. Williams
Many thanks to Barbara Reider for the inspiration for this song!
Her book, A Hooray Kind of Kid is available from Sierra House Publishing,
2716 King Richard Drive, El Dorado Hills, CA 95630**

**SELF-ESTEEM Mini-Album
SongsForTeaching.com**

I'VE GOT TO LOVE MYSELF ENOUGH

CHORUS

I've got to love myself enough to say, "That's OK!
I thought I blew it today, but I'll bounce back and learn from my mistakes.
Since I'll keep on aiming high, I know I'll get there by and by.
In the meantime, I'll love myself today.
In the meantime, I'll love myself today!"

(1)

Some people go through life always putting themselves down,
believing that their best just isn't good enough,
That's a shame 'cause kicking yourself takes such a lot of energy
Why not use that energy to move you towards your goal?
Use that energy to move towards your goal!

CHORUS

(2)

No one's perfect; we all sometimes fall short of our goals.
Just find the gift that's there, and the lesson to be learned.
So pick yourself up and dust yourself off
and pat yourself on the back for things you've done that turned out fine;
yeah, so many things you've done that turned out fine!

CHORUS

(3)

I've got to love and accept myself just as I am,
with my strengths and my weaknesses and all;
'cause before I can love and accept another person,
I've got to start with myself; yeah, I've got to start with myself.

FINAL CHORUS

I've got to love myself enough to say, "That's OK!
I thought I blew it today, but I'll bounce back and learn from my mistakes.
Since I'll keep on aiming high, I know I'll get there by and by.
In the meantime, I'll love myself today.
In the meantime, I'll love myself today!
In the meantime, I'll love myself today.
In the meantime, I'll love myself today!"

Lyrics by Linda K. Williams with Patricia Mikkelsen
Dedicated to Kenosha Burgess and Latasha Jackson (former students of Linda's)
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YOU'LL REALLY LIKE ME

(A "mixer" song)

(PERFORMANCE SUGGESTION: Sing to a partner, then switch partners as many times as desired.)

(1)

I'm sure that
when you get to know me,
you will really, really like me.
Yes, when you get to know me
I just know you're gonna like me.

(2)

I'm sure that
when I get to know you,
I will really, really like you.
Yes, when I get to know you,
I just know I'm gonna like you.

(On tape, entire song is sung 3 times; 1 verse is then sung once more.)

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☺☺ **I'LL PICTURE MYSELF SUCCEEDING** ☺☺

CHORUS

I'll picture myself succeeding
when it's help with my goals I am needing;
and then, in everything I do,
all my best can come shining through.

REPEAT CHORUS

(1)

Whatever the goal I want to reach,
I'll clearly see myself succeeding in my mind.
That helps me focus my energy on getting there
so what I picture can come true in time.

CHORUS

(2)

When a problem comes up for me to solve
I'll get in touch with my emotions and my dreams
I'll turn my feelings into helpful words,
If we connect with each other,
Our success rate will be higher, and...

CHORUS

(INSTRUMENTAL: Use this time to picture yourself being successful at something that is important to you.)

FINAL CHORUS

I'll picture myself succeeding
when it's help with my goals I am needing;
and then, in everything I do,
all my best can come shining through.
and then, in everything I do,
all my best can come shining through.

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IT'S OK TO FEEL

- (1) It's OK... (Yes, it's all right.)
to feel angry, (Y'know, I get so mad!)
And it's OK... (Don'tcha know, it's all right!)
to feel sad. (You can cry---it may help.)
And it's OK... (And really normal, too...)
to feel scared, or jealous, or blue,
But it's not OK
to hurt someone
because of how you feel!
No, it's not OK... (No, it's never OK!)
to hurt someone... (Use your self-control!)
because of how you feel!
- (2) When I used to feel... (like we all often do)
uncomfortable feelings, (like anger or fear)
I tried to pretend... ('Cause those feelings scared me!)
that everything was just fine; (but it wasn't---not at all)
But then I found... (with my tummy tied in knots)
I took it out on family and friends!
So now I take that anger
and turn it into energy
to do someone some good!
Now I take that anger
and turn it into energy
to do someone some good!
- (3) Some people may say, (Yes, some may say...)
"Oh, don't be angry." ("Don't get so mad!")
And some may say, (They may also say...)
"Oh, you mustn't be sad." ("Keep those tears inside!")
I've heard others say, (And others may say...)
"You shouldn't be scared or jealous
---what's wrong with you?"
But my feelings are mine,
I've got a right to feel 'em,
And I can't just wish them away.
Yes, my feelings are mine,
I've got a right to feel 'em,
And I can't just wish them away.

(REPEAT VERSE 1, BEGINNING WITH "Yes...")

**Dedicated to Alta Bantz, who respected and validated my feelings. Thanks!
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I'VE GOT TO TALK TO THEM!

CHORUS:

I've got to talk to them, talk about it, talk, talk, talk.
It's amazing what talking can do!

(sing CHORUS 3 more times)

(1)

When someone says or does something I don't like,
I've got to talk to them about it; not get into a fight.
So I'll say, "Please don't...!" and tell them how I feel.
I may find they didn't do what I thought they did, for real.

CHORUS:

I've got to talk to them, talk about it, talk, talk, talk.
It's amazing what talking can do!

(sing CHORUS 3 more times)

(2)

When a problem with someone has got me feeling mad,
I won't bottle up my anger or explode with no control,
I won't take it out on others---that's just as bad.
So what could I do? Well, I've found it's often true...

CHORUS:

I've got to talk to them, talk about it, talk, talk, talk.
It's amazing what talking can do!

(sing CHORUS 3 more times)

(3)

One great way to resolve a conflict, I have seen
Is when I share what I feel and how I think,
And I'm willing to listen to the other side.
Fighting makes a problem larger; talking cuts it down to size!

CHORUS:

I've got to talk to them, talk about it, talk, talk, talk.
It's amazing what talking can do!

(sing CHORUS 3 more times)

Lyrics by Linda K. Williams with Patricia Mikkelson
Words and music copyright 1990 by Linda K. Williams

I'LL STAND UP FOR MYSELF!

(1)

Oh, I'll stand up for myself, and what I believe in,
I'll stand up for myself, and for my rights, too.
Yes, I'll stand up for myself, and what I believe in,
and I'll do it in a way that respects your rights, too.
DO-do-DO-do-DO-do-do-DO!

(2)

I can take charge of my life; that's one thing I believe in,
I can take charge of my life; it's my right to do.
I will take charge of my life---and I'll be glad that I did it!
It's not only my right, it's my responsibility, too.
DO-do-DO-do-DO-do-do-DO!

(3)

You can take charge of your life, and stand up for what you believe in,
You can take charge of your life; it's your right to do.
You can take charge of your life---you'll be glad that you did it.
It's not only your right; it's your responsibility, too.
DO-do-DO-do-DO-do-do-DO!

(4)

So...
We'll stand up for ourselves and what we believe in,
We'll stand up for ourselves and for our rights, too.
Yes, we'll stand up for ourselves and what we believe in,
and we'll do it in a way that respects others' rights, too.
DO-do-DO-do-DO-do-do-DO!

(REPEAT FIRST VERSE)

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I'LL LISTEN

(1)

When I notice you've done something that I don't like,
and I tell you that it bugs me and we get into a fight,
It can help if I take a deep breath
and be willing to listen, instead of getting defensive.

CHORUS I'll listen...I'll listen; I'll tune in to your feelings and wants.
 I'll listen...I'll listen; I'll put myself in your shoes.

(2)

When I'm willing to stop and find out what's going on,
Ask you about your feelings, and what is it you want,
We'll often realize that we want the same thing
It just didn't look so clear in the beginning.

CHORUS (I'll listen, I'll listen...)

(3)

After I've listened to what you've had to say,
I'm wondering if you could listen in the same
Just open your heart, and pick up your ears,
And let me share my joys and my tears.

CHORUS (Oh, I'll listen, I'll listen...)

(4)

Will you refrain from giving me advice,
Or telling me that everything will be all right?
I have the answers right inside of me,
And if you give a little time, I'm sure the answers will arrive.

CHORUS (I'll listen, I'll listen...)

(5)

When our communication is complete,
We can help the world to find its peace,
By realizing that we're all the same inside,
We can let go of judgements that we often hide.

CHORUS VARIATION

Oh, let's all listen, yes, listen.
We'll tune into everyone's feelings and wants;
Let's listen, yes, listen;
We'll help bring peace to the earth...
 we'll help bring peace to the earth.

Words and music copyright 1990 by Patricia Mikkelsen

IT'S US AGAINST THE PROBLEM, NOT ME AGAINST YOU

(1)

It's us against the problem, not me against you.
It's us against the problem; let's see what we can do.

I'll "put myself in your shoes," you'll "try on my shoes," too.
With us against the problem, there's lots that we can do!

(CHORUS)

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

(2)

It may be that our problem got started by mistake.
Misunderstandings happen, and friendships they can break.

But when we talk it over, we'll find out what went wrong.
With us against the problem, we'll feel better before long.

(CHORUS)

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

(3)

Sometimes an unsolved problem can make us enemies;
We shouldn't let that happen, 'cause it hurts both you and me.

We've got so much in common, that I'm sure we can be friends.
With us against the problem, we can be friends, in the end!

(CHORUS)

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

(REPEAT CHORUS AND END SONG WITH THIS LINE:)

Yes, maybe for a while we'll just agree to disagree!

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COOPERATIVE LEARNING SONG

(1)

We'll learn to cooperate and cooperate to learn,
We'll learn to cooperate and cooperate to learn,
 I'll learn from you and you'll learn from me.
 It's fun and we'll learn more easily
When we learn to cooperate and cooperate to learn.

(2)

We'll take turns and include everyone, and listen as each one speaks.
We'll take turns and include everyone, and listen as each one speaks.
 And we'll check as we work to make sure, too,
 we're all tuned in to what our group will do,
Yes, we'll take turns and include everyone, and listen as each one speaks.

(3)

We'll praise and encourage each other as we work on the task at hand.
We'll praise and encourage each other as we work on the task at hand.
 We'll each have a job; we'll finish on time.
 With everyone's help, our group will do fine,
We'll praise and encourage each other as we work on the task at hand.

(REFRAIN)

Yes, we'll learn to cooperate and cooperate to learn.
 We'll learn to cooperate and cooperate to learn.
 We'll learn to cooperate and cooperate to learn.
 We'll learn to cooperate and cooperate to learn.

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