

☺ ♥ ☺ **CARING & SHARING** ☺ ♥ ☺

Words &/or Music for all songs
written by Linda K. Williams

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BetterWorld-Resources.com

Recorded by

Linda K. Williams, or by

❖Andy and Terry Murray; many thanks for permission to use!

SIDE A

1. Little by Little (2:00)
2. Self-Talk (2:33)
3. A Friend in Need (2:02)
4. We're "Can-Do!" Kids, and We Care (2:00)
5. ❖ Low-Down High (2:44)
6. ❖ Burnin' Up (3:07)
7. Thank You, Chester (3:46)
8. Every Child Saved (3:49)

SIDE B

9. ❖ Real Life Doesn't Have a Rewind Button (3:00)
10. I'm Dealing with my Feelings (2:50)
11. I Like Myself (1:15)
12. Say it! Do it! (0:57)
13. The Golden Rule Song (1:10)
14. How Was Your Day Today? (1:20)
15. No One's Perfect (2:10)
16. I Still Love You (1:50)
17. Friendly Night (4:45)
18. Now I Lay Me Down to Sleep (1:55)

1. LITTLE BY LITTLE ↗ **POCO A POQUITO**

CHORUS

Little by little, step by step each day;
The longest journey begins with one step,
and I am on my way,
Yes, I am on my way!

(1)

Whether learning another language,
how to do math or read or write---
I know I can do it when I put my mind to it,
though it won't happen overnight. Oh, yes, and...

CHORUS

(2)

So I won't give up or get discouraged
saying, "I've got so far to go!"
I'll celebrate my progress, say "Look how far I've come!"
and I'll get there in time, I know! Oh, yes, and...

CHORUS

Little by little, step by step each day;
The longest journey begins with one step,
and I am on my way,
Yes, I am on my way!

CORO

*Poco a poquito, paso a pasito cada día;
El viaje más largo empieza con un paso,
y ya voy en camino,
Sí, ¡ya voy en camino!*

Dedicated to Jairo Morales, a former student
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♪2. SELF-TALK ♪

CHORUS

Self-talk, self-talk---when I talk to myself, I'll be positive and kind.

Self-talk, self-talk---when I talk to myself, I'll be positive and kind.

1

When I talk to myself, I'll say, "I can do it!"

When I talk to myself, I'll say, "I can do it!"

When I talk to myself, I'll say, "I can do it!"

When I talk to myself, I'll say, "I can do it!"

CHORUS

2

When I talk to myself, I'll say, "I'll do better next time!"

When I talk to myself, I'll say, "I'll do better next time!"

When I talk to myself, I'll say, "I'll do better next time!"

When I talk to myself, I'll say, "I'll do better next time!"

CHORUS

3

When I talk to myself, I'll say, "I've learned a lot!"

When I talk to myself, I'll say, "I've learned a lot!"

When I talk to myself, I'll say, "I've learned a lot!"

When I talk to myself, I'll say, "I've learned a lot!"

CHORUS

4

When I talk to myself, I'll say, "I'll learn more!"

When I talk to myself, I'll say, "I'll learn more!"

When I talk to myself, I'll say, "I'll learn more!"

When I talk to myself, I'll say, "I'll learn more!"

CHORUS, AND REPEAT VERSE 1

OTHER POSSIBLE "ZIPPER" VERSES (CAN ELICIT MORE FROM SINGERS):

When I talk to myself, I'll say,

"I belong!"

"I can name my feelings!"

"I can own my feelings!"

"I'll deal with my feelings!"

"I like myself!"

"I am special!"

"I am unique!"

"I am loved!"

"I believe in me!"

"I'm drug-free!"

Tune is traditional: "Pick a Bale of Cotton"; Lyrics copyright 1989 by Linda Kay Williams

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3. A FRIEND IN NEED

- 1 A friend in need is a friend indeed,
- 2 When you need a friend, I'll be right there;
- 3 When I need a friend, I know you'll care.
- 4 Our troubles and joys we will share.

Tune: Frere Jacques

(sing as a round after straight through; on tape, sung as a 3-part round)

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♪4. WE'RE "CAN DO!" KIDS AND WE CARE ♪

Please Note: X = clap

CHORUS

We're "can do!" kids, and we care. (X X)
We're "can do!" kids, and we care. (X X)
 We can do 'most anything,
 We care about others, and ourselves;
'Cause we're "can do!" kids, and we care.
Yes, we're "can do!" kids, and we care.

1

We can deal with our feelings so that no one will get hurt.
We can make decisions wisely, and solve our problems, too.
We can say "NO!" to peer pressure, and to drugs---you bet! And...
We know we can help others learn to do what we can do!

CHORUS

'Cause...
We're "can do!" kids, and we care. (X X)
We're "can do!" kids, and we care. (X X)
 We can do 'most anything,
 We care about others, and ourselves;
'Cause we're "can do!" kids, and we care.
Yes, we're "can do!" kids, and we care.

2

We care about our rights and feelings, and our bodies, too;
we care about others and all that's theirs---we do!
We care about all people and about this world we share; but...
what matters most of all is we show that we care!

CHORUS

We're "can do!" kids, and we care. (X X)
We're "can do!" kids, and we care. (X X)
 We can do 'most anything,
 We care about others, and ourselves;
'Cause we're "can do!" kids, and we care.
Yes, we're "can do!" kids, and we care.

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♪5. LOW-DOWN "HIGH" ♫

1

Why do they call it "high" on drugs, when the way people act is so low-down?

No, really...why do they call it "high" on drugs, when the way people act is so low-down?

No, tell me...why do they call it "high" on drugs, when the way people act is so low-down?

2

Well, the "highs" I go for are high self-esteem, my high regard for you, high hopes for the future!

Yeah! The "highs" I go for are high self-esteem, my high regard for you, high hopes for the future!

Yeah! The "highs" I go for are high self-esteem, my high regard for you, high hopes for the future!

3

I've got better things to do than waste my time messin' up my body and messin' up my mind!

Why should I waste my money and my time messin' up my body and messin' up my mind?

Don't try to waste my money and my time messin' up my body and messin' up my mind!

4

I'm too special for that kind of junk---you bet!

We're too special for that kind of junk---yeah!

You're too special for that kind of junk! Uh huh!

5

There are so many things in this wonderful world that capture my interest and spark my mind---

So many places to go, and people to know,

so many things to do and see and learn and to experience!

Places to go, and people to know,

so many things to do and see and learn and to experience!

6

I get my kicks out of livin', my highs out of life!

We get our kicks out of livin', our highs out of life!

So get your kicks out of livin', your highs out of life!

7

It's like I said before, drugs'll mess up your body and mess up your mind,
and sooner or later you don't feel so fine!

And when your mind and your body get all messed up you forget what's real and what isn't real---

But the harm that's done is there to stay, 'cause once you do it, it stays done;

that sure isn't my idea of fun!

And the things people do when they've got that junk in 'em---

They don't care about others or about themselves; they forget what's real and what isn't real,

But the harm that's done is there to stay, 'cause once you do it, it stays done;

and that sure isn't my idea of fun!

8

Oh, why do they call it "high" on drugs, when the way people act is so low-down?

No, really...why do they call it "high" on drugs, when the way people act is so low-down?

No, really...why do they call it "high" on drugs, when the way people act is so low-down?

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♪6. BURNIN' UP ♪

REFRAIN:

"When you play with fire, sooner or later, you're gonna get burned.
When you play with fire, sooner or later, you're gonna get burned."

1

I was so angry---just burning up---I felt out of control completely!
I wanted to hurt them, 'cause they'd hurt me, too!
As I thought of what I'd like to do, I heard the news...

"There was a bad fire today," I heard the announcer say,
"It was kids with matches, maybe wanting to play...
Maybe they were curious, maybe they were bored,
maybe they were angry, or thought they'd been ignored."

Then the fire fighter said as he sadly shook his head,
"If only they had thought about what fire can do!
Could it be they didn't know? How can that be so?
But, whatever the excuse, once fire is turned loose, there's no telling what will happen,
who'll get hurt...where it'll end...what will be forever burned."

REFRAIN:

"When you play with fire, sooner or later, you're gonna get burned.
Yeah, when you play with fire, sooner or later, you're gonna get burned."

2

I'd been so angry---just burning up---I'd felt out of control completely!
It scared me to think what I'd been ready to try! After hearing 'bout those kids, I wanted to cry.

It could be they had thought, "We'll only burn a little."
But what started as a spark at the end of a match soon turned into a blaze, quick as a flash;
and then it was too late...there was no turning back.

I'm sure they never thought it could get so out of hand.
So...will I control my anger? I'll master it, you bet!
But could I control a fire? No one can count on that!
I'm so glad that my anger didn't burn up anyone else!
From now on, when I get angry, I'll play it cool...that's much better for myself,
and for other people, too.

REFRAIN:

"When you play with fire, sooner or later, you're gonna get burned.
When you play with fire, sooner or later, you're gonna get burned." (repeat last line and fade)

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7. THANK YOU, CHESTER

This song was written in honor of Chester Wawrzyniak (1903-1975), a Toledo Police Officer for more than 40 years. When I was a kindergartener, Chester was in charge of making sure that the children in our neighborhood safely crossed a very busy intersection which had no traffic lights.

The song is dedicated with deep appreciation to the Toledo Police Department. Linda K. (Miller) Williams 7-3-90

CHORUS

Thank you, Chester, for your smiles and hugs so warm;
with you to guide us, we felt so safe and protected from harm.
A traffic light now does your job more cost-efficiently, but it doesn't care
how a kindergartener's day has gone, and it sure can't swing kids up in the air!

1

Oh, I remember back in the sixties, when cop-hating was in style;
I never could relate to that attitude 'cause my mental image of a cop wears your smile.
I'm sure we never thought to thank you then---took you for granted;
you were there for us each day.

Now you're a treasured part of our childhood memories,
and I wish now we'd thought then to say... CHORUS

2

Though more than thirty years have come and gone
since you touched our lives in such a lasting way;
You did so much more than just your job,
so time has not swept our memory of you away.
I guess we never can know what impression
we'll leave with those whose lives our actions touch each day,
But I pray that as I make memories for others,
something warming and uplifting will stay.

3

Oh, I didn't know then you were a hero,
that you gladly risked your life to save a child,
But it didn't surprise me to hear it;
tender care and service were just your style.
Since we're too late to thank you in person,
we'd like to dedicate this song to all who serve,
Especially in the City of Toledo;
may our long-felt gratitude be heard.

CHORUS

Oh, thank you, Chester, for your smiles and hugs so warm;
with you to guide us, we felt so safe and protected from harm.
A traffic light now does your job more cost-efficiently, but it doesn't care
how a kindergartener's day has gone...
and it sure can't swing kids up in the air!

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♪8. EVERY CHILD SAVED/ ACROSS THE LAKE ♪

CHORUS:

(Concepts from the Mission Statement of the William D. Lynch Foundation for Children)

Oh, every child saved becomes a positive force in the world;
every child lost becomes a loss affecting future generations.
Yes, every child saved becomes a positive force in the world;
every child lost affects us all;
But every child saved becomes a positive force in the world;

(“ACROSS THE LAKE,” a poem by William D. Lynch:)

Suddenly you hear perfect music within your mind
and vividly recall a quiet, deep blue, majestic, mountain lake.

A lifetime of accumulating power coalesces for a moment
in a sudden burst of energy just behind your eyes
which have just locked onto your grandson’s eyes
lit by love and security, without pain or fear.

And, finally, you are transformed,
overcome by what you have always known;
that freedom is indivisible, and you must act.

For at last, you hear across the lake, above the music,
the hopeless cry of a child in bondage
whom you can, you will, you must at any cost now save...

CHORUS: (Mission Statement Concepts)

...because every child saved becomes a positive force in the world;
every child lost becomes a loss affecting future generations.
Yes, every child saved becomes a positive force in the world;
every child lost affects us all
So let’s harness the power of hope and love,
knowing that every child saved is a universe preserved.

Words by William D. Lynch, who graciously granted permission
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♪9. REAL LIFE DOESN'T HAVE A REWIND BUTTON ♪

PLEASE NOTE:

This song begins and ends with the sound of a rewind button; your tape player is not broken! ☺

CHORUS

Real life doesn't have a rewind button;
You can't go back and erase what you have done.
A moment that you're weak can take a lifetime to pay for.
Think before you act; you'll be so glad you did.

Forever is a long, long time;
Forever is a long, long time.

1

Well, cartoons and stooges make it seem like the quickest and easiest way
to settle an argument---get what you want---is to ZAP the other guy---biff, bam, pow!
But life is not a TV show;
No, life is not a TV show.

CHORUS

2

Well, in real life it doesn't pay to be a stooge or a cartoon "hero"!
Use brains, not brawn; use words---work it out; 'cause real violence really hurts.
Life is not a TV show;
No, life is not a TV show.

CHORUS

3

Taking chances with your very own life works the same; we're not bionic!
Don't let drugs or foolish stunts blow your one shot at the life you've got.
Life is not a TV show;
No, life is not a TV show.

CHORUS

Oh, life doesn't have a rewind button;
You can't go back and erase what you have done.
A moment that you're weak can take a lifetime to pay for.
Think before you act; you'll be so glad you did.
Forever is a long, long time,
Forever is a long, long time!
(repeat last line and fade)

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♪ 10. I'M DEALING WITH MY FEELINGS ♪ (Emotional Intelligence)

CHORUS; PART A:

I'm dealing with my feelings. Whatever they may be,
I will respect and own them; they're a special part of me.
I'm honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!

BRIDGE: But sometimes I don't understand just what it is I feel...

CHORUS, PART B:

So, I'll look inside myself and see if I can puzzle it out;
often, special people can help me talk it out.
Sometimes I'll draw or paint or write about what I feel---
and it helps when I can call my feelings by name;
that helps me deal...with...them.....

FEELINGS VERSES:

Maybe it's ANGER--- "I'm so ANGRY, I could just explode!"
or DISAPPOINTMENT--- "I'm DISAPPOINTED that didn't work out."

maybe SADNESS--- "I'm so SAD---I'm gonna cry!"
or EMBARRASSMENT--- "I'm so EMBARRASSED, I want to hide!"

maybe FEAR--- "I'm so AFRAID; I'm really SCARED!"
Or FRUSTRATION--- "I'm so FRUSTRATED--- nothing's going right!"

maybe CONFUSION--- "I'm so CONFUSED---I don't know what to think or do!"
or JEALOUSY--- "I'm really JEALOUS---I wish that were me!"

CHORUS, VARIATION OF PART B:

Yes, I looked inside myself and I was able to puzzle it out;
also, special people really helped me talk it out.

I drew a picture and wrote a bit about what I was feeling---
and it helped for me to call my feelings by name;
that helped me deal...with...them.....

CHORUS; PART A:

Yes, I'm dealing with my feelings. Whatever they may be,
I will respect and own them; they're a special part of me.
I'm honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!
Yes, dealing with my feelings is important for a healthy life!

Words and Music © 1995 by Linda K. Williams Please note: more feelings could be added in additional verses

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♪ 11. *I LIKE MYSELF* ♪

1

I like myself! I'm special and I know it!
Yes, I like myself, and I'm gonna show it---YEAH!
Though I'm not perfect, and I've got some room to grow,
There are many things I like about myself right now!

2

You like yourself! You're special and you know it!
Yes, you like yourself, and you're gonna show it---YEAH!
Though you're not perfect, and you've got some room to grow,
There are many things you like about yourself right now!

3

I like you! You're special and I know it!
Yes, I like you, and I'm gonna show it---YEAH!
Though you're not perfect, and you've got some room to grow,
There are many things I like about you right now!

4

We like ourselves! We're special and we know it!
Yes, we like ourselves, and we're gonna show it---YEAH!
'Cause we like ourselves, we care about others, too;
It's so natural to do that because we like ourselves.

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12. SAY IT! DO IT!

(A ROUND)

1 If there's something you can say
2 that would brighten someone's day,
3 then say it! (XX) Go on and say it!

4 If there's something you can do
5 that would help another through,
6 then do it! (XX) Go on and do it!

Please note: X = clap

On tape, song is sung through once (unison), then as a 3-part round, and once again through in unison.

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♪ 13. THE GOLDEN RULE SONG ♪

1

I'll treat others like I want to be treated,
 like I want to be treated,
 like I want to be treated,
I'll treat others like I want to be treated.
We'll get along well together that way.

2

You'll treat others like you want to be treated,
 like you want to be treated,
 like you want to be treated,
You'll treat others like you want to be treated.
We'll get along well together that way.

3

If we all treat others like we want to be treated,
 like we want to be treated,
 like we want to be treated,
If we all treat others like we want to be treated.
We'll get along well together that way;

Yes, we'll all get along that way.

Tune: "Mulberry Bush" in 4/4 time
(could also use "London Bridge", or a number of other common tunes)

Lyrics copyright Linda K. Williams 1990

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♪ 14. HOW WAS YOUR DAY TODAY? ♪

1

Each day in the morning, we go our separate ways;
so many things will happen in our busy, busy day;

Then, hours later, after our work and school and play,
when we greet our friends and family, this is what we say...

2

How was your day today? I really want to know!
How was your day today? You know I love you so!

We let 'em know we care, and our feelings we will share,
so the first thing we'll say is, "How was your day?"

3

Oh, how was your day today? I really want to know!
How was your day today? You know I love you so!

If you've been hurt, I want to know; I'll share your joys as well!
How was your day today? I'm eager for you to tell!

4

How was your day today?
How was your day today?

If you've been hurt, I want to know; I'll share your joys as well!
How was your day today? I'm eager for you to tell!

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♪ 15. NO ONE'S PERFECT ♪

1

Some people choose to make perfection their goal.
Well, I say, "Let's always keep our expectations high!"
But we also need to keep our anxieties low,
'Cause when we're stressed-out, we don't do our best---
and that's no lie!

CHORUS

So let's be gentle with ourselves...."I'll be gentle with myself!"
'Cause no one's perfect....."Unh-uh, no one's perfect!"
And we're loved as we are....."Yes, I'm loved as I am!"
So let's "have a go" again!....."Yes, I'll 'have a go' again!"

And let's be patient with ourselves.."I'll be patient with myself!"
'Cause no one's perfect....."Unh-uh, no one's perfect!"
And we're loved as we are....."Yes, I'm loved as I am!"
So let's "have a go" again!....."Yes, I'll 'have a go' again!"

2

So while we're going to expect all the best from ourselves,
It's important that we're also realistic and kind!
Let's keep our sights set high---we'll get better with each try;
and let's remember to forgive ourselves and keep this in mind...

CHORUS

Oh, let's be gentle with ourselves..."I'll be gentle with myself!"
'Cause no one's perfect....."Unh-uh, no one's perfect!"
And we're loved as we are....."Yes, I'm loved as I am!"
So let's "have a go" again!....."Yes, I'll 'have a go' again!"

And let's be patient with ourselves.."I'll be patient with myself!"
'Cause no one's perfect....."Unh-uh, no one's perfect!"
And we're loved as we are....."Yes, I'm loved as I am!"
So let's "have a go" again!....."Yes, I'll 'have a go' again!"

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♪16. I STILL LOVE YOU ♪

CHORUS

I love you,
Yes, I still love you;
I may not love some things you do,
but I still love you.

Oh, I love you,
Yes, I still love you;
I really, truly do.

VERSE

Well, this hasn't been our best day,
in fact, it's been more like our worst.
Some things were said and done
that should not have been.

But now we'll gather back together---
Yes, we're still here for each other---
And remind ourselves
to put first things first.

Because...

(CHORUS)
I love you,
Yes, I still love you;
I may not love some things you do,
but I still love you.

Oh, I love you,
Yes, I still love you;
I really, truly do.

You know, I really, truly do.

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With memories of days in the rocking chair with Cherilyn

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♪ 17. FRIENDLY NIGHT ♪

REFRAIN: Friendly night has come again, beck'ning you to slumber.
Close your weary eyes and rest while I sing to you.

1 Recall the pleasant things you did today;
embrace them in your memory.
Ended now are work and play,
so let sleep come to you.

REFRAIN: Friendly night has come again, beck'ning you to slumber.
Close your weary eyes and rest while I sing to you.

2 Pictures that you make in your mind
can help you drift away to sleep now;
picture yourself sleeping through the night
cradled in the arms of loved ones.

REFRAIN: Friendly night has come again, beck'ning you to slumber.
Close your weary eyes and rest while I sing to you.

3 Gentle darkness blankets all,
the stars are gleaming brightly.
It's time to slow your breathing down;
Snuggle in with a peaceful sigh.

REFRAIN: Friendly night has come again, beck'ning you to slumber.
Close your weary eyes and rest while I sing to you.

4 I'm glad you are my own dear child;
you bring joy to my life each day.
I treasure this time while you are young;
How quickly it slips away.

REFRAIN: Friendly night has come again, beck'ning you to slumber.
Close your weary eyes and rest while I sing to you.

REFRAIN TUNE: Go to sleep, my precious one. Go to sleep, my darling.
Slumber on till morning comes; go to sleep, my love.

(REFRAIN TUNE, WITH LA-LA-LA...)

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Dedicated to our own precious one, Cherilyn Marie

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♪18. NOW I LAY ME DOWN TO SLEEP ♪

Now I lay me down to sleep;
I pray Thee, Lord, Thy child to keep.
Thy love guard me through the night,
and wake me with the morning light.

Amen

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SPANISH: NOT RECORDED:

Ahora me acuesto a dormir;
Te ruego, Señor, que me guardes esta noche.
Tu amor me cuide durante la noche,
Y me despierte con la luz de la mañana / del amanecer.