

SONGS TO SUPPORT
COMPASSIONATE COMPREHENSION with the COMMON CORE (CC/CC)
for Restorative Practices and Justice with a Trauma-Informed Lens

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Songs are offered relating to the following topics:

*** FEELINGS *HARM/ TRAUMA *COMPASSION *RESTORATIVE JUSTICE**
***Q. #4: "What would you do...?" / EMPOWERMENT *UNMET NEEDS**

The complete list is found at this link: <https://lkwbetterworld.files.wordpress.com/2017/06/songs-to-support-cc-cc.pdf>

Please note: Most of these songs -- lyrics and recordings -- are available for free streaming and free download. Formatted lyrics (1 song per one page) are also available for most songs listed.

FEELINGS

. Teachers may choose to use any or all of the songs offered to assist in vocabulary expansion of feelings words, and Social Emotional Skills involved with pro-social anger management.

"If You're Angry & You Know It" (melody: folk tune)

<https://betterworld.bandcamp.com/track/if-youre-angry-and-you-know-it>

Lyrics: http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring_Capable_Lyrics_2010-If_Angry.pdf

ADDITIONAL FORMATS for "If You're Angry and you Know It" (including Big Book sized print) for children to create their own verses and/or illustrate the verses above are available on pages 11-29 at the link above.

"If You're _____ and you Know It": Naming and Dealing with Feelings

Reproducible formats for classroom projects, including other emotions, as well.

https://lkwbetterworld.files.wordpress.com/2017/06/if-youre-_____and-you-know-it-formats-for-cc-cc.pdf

Teachers may also have students write additional verses for the song, e.g., "If you're scared/ frustrated/ stressed... and you know it" (students will provide pro-social coping strategies for lyrics), using the following pattern:

If you're ____(name any emotion)____,

____(express how to deal in a pro-social way with the emotion)____ (repeat 2 lines)

If you're ____(name any emotion)____, that's okay, you can control it

OR: whatever other affirming phrase might be more appropriate

Various formats can easily be created of the above song, inviting students to illustrate their own mini-booklet, and/or contribute to a class Big Book wherein each student illustrates one or more emotion and how to deal with the emotion in a pro-social way.

See p's. 11-29 of PDF: http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring_Capable_Lyrics_2010-If_Angry.pdf

"It's OK to Feel"

<https://betterworld.bandcamp.com/track/its-ok-to-feel>

Formatted lyrics: http://www.betterworld-resources.com/images/BetterWorld/Documents/CDK-Conflict_Management.pdf

"I'm Dealing with my Feelings"

<https://betterworld.bandcamp.com/track/im-dealing-with-my-feelings>

Formatted lyrics: http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring_and_Sharing.pdf

"Self-Talk"

<https://betterworld.bandcamp.com/track/self-talk>

These verses are suggested:

"I can name my feelings!" "I can own my feelings!" "I'll deal with my feelings!"

Formatted lyrics: http://www.betterworld-resources.com/images/BetterWorld/Documents/Caring_and_Sharing.pdf