

♫ **CARING AND CAPABLE KIDS** ♫  
**51 Songs with Resources for**  
**♣ Social Emotional Learning ♣ Music Therapy**  
**and Developing ♣ Resilience ♣ Empathy and a ♣ Trauma-Informed Lens**

**Linda K. Williams**

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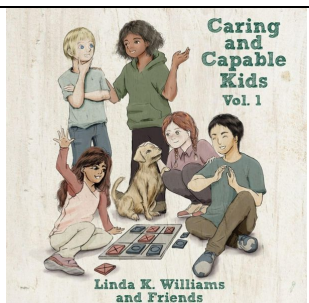
**"Think and Share Invitations" for each song are offered as springboards for**  
**♣ Restorative / Community Building Circles ♣ Writing/ Journaling ♣ Pair and Share, etc.**

PLEASE ALSO CONSIDER engaging in Visual and Performing Arts inspired by the Lyrics  
~ draw ~ paint ~ dance ~ mindful movement ~ hand motions ~ write additional lyrics, skits ~ and more

**Caring and Capable Kids book**

**INNERCHOICE Publishing** <https://www.innerchoicepublishing.com/book/caring-and-capable-kids/>

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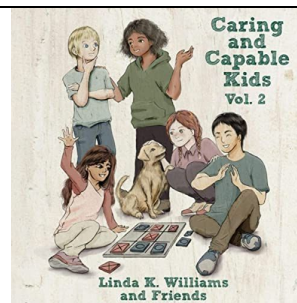
**Caring and Capable Kids, V. 1 - Links to the Full Album**

**YouTube** [https://www.youtube.com/playlist?list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0](https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0)

**Amazon.com** [https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr\\_1\\_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46](https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46)

**Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly**

<https://lkwbetterworld.files.wordpress.com/2020/12/1-cck-zoom-friendly-songs-and-resources-12-1-20.pdf>



**Caring and Capable Kids, V2 - Links to the Full Album**

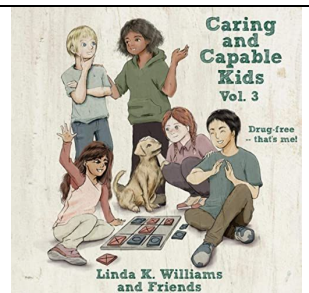
**YouTube**

[https://www.youtube.com/playlist?list=OLAK5uy\\_kw6aTs5dEm\\_UxrS59m1RBnyW8zCDMLZ7E](https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E)

**Amazon.com** <https://www.amazon.com/Caring-Capable-Kids-Vol-2/dp/B08H4JH4M7>

**Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly**

<https://lkwbetterworld.files.wordpress.com/2020/12/2-cck-zoom-friendly-songs-and-resources-12-1-20.pdf>



**Caring and Capable Kids, V. 3: Drug-Free -- That's Me!**

**Links to the Full Album**

**YouTube**

[https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy\\_n91E\\_DqkTNymCR-QO88CJmwlviH2Cu-OP4](https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91E_DqkTNymCR-QO88CJmwlviH2Cu-OP4)

**Amazon.com** [https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-Free/dp/B08H4HGKTX/ref=sr\\_1\\_3?dchild=1&keywords=linda+k.+williams+caring+and+capable+kids+digital+music&qid=1606238683&sr=8-3](https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-Free/dp/B08H4HGKTX/ref=sr_1_3?dchild=1&keywords=linda+k.+williams+caring+and+capable+kids+digital+music&qid=1606238683&sr=8-3)

**Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly**

<https://lkwbetterworld.files.wordpress.com/2020/12/3-cck-zoom-friendly-songs-and-resources-12-1-20-1.pdf>



**Caring and Sharing - Links to the Full Album**

**YouTube**

[https://www.youtube.com/playlist?list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSEnpxhGqcy5NDc](https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSEnpxhGqcy5NDc)

**Amazon.com** [https://www.amazon.com/Caring-Sharing-Linda-K-Williams/dp/B08L7FC3MY/ref=sr\\_1\\_1?dchild=1&keywords=Linda+K.+Williams&qid=1606085768&s=dmusic&sr=1-1](https://www.amazon.com/Caring-Sharing-Linda-K-Williams/dp/B08L7FC3MY/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams&qid=1606085768&s=dmusic&sr=1-1)

**Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly**

<https://lkwbetterworld.files.wordpress.com/2020/12/csh-zoom-friendly-12-1-20.pdf>

**12-1-20 Soon to be released in 2021! More Bonus Resources, plus release of a Special Single:  
"You are a Marvel" words by Pablo Casals For more information: Linda.BetterWorld@gmail.com**

♣ For 6 Sample Songs, Think and Share Invitations, and Bonus Resources, please follow this link:  
<https://lkwbetterworld.files.wordpress.com/2020/12/caring-and-capable-kids-6-sample-songs-of-51-12-4-20.pdf>

### ♪ Caring and Capable Kids, Vol. 1 ♪

1. [Handle with Care](#) (4:09)
2. [Another Word for PEOPLE](#) (2:00)
3. [No One is a Nobody](#) (2:42)
4. [Ripples and Starfish: a Song of Hope and Empowerment](#) (3:52)
5. ♣ [Who I Am Makes a Difference](#) (1:46)
6. ♣ [If You're Angry & You Know It](#) (2:14)  
+ [Bonus Resources](#)
7. [I Can Say "No" When I Want To](#) (2:43)
8. [What Should I Do?](#) (3:03)
9. [The Children of Tomorrow](#) (5:36)
10. ♣ [Eyes of Compassion: A Trauma-Informed Lens Song](#) (1:33) + Bonus Resource
11. [Ojos de Compasión: Una Canción de Visión Informada por Trauma](#) (1:36) + Bonus Resource

*Songs by Linda K. Williams*

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### ♪ Caring and Capable Kids, Vol. 2 ♪

1. [Connected, Unique, and Powerful](#) (2:22)
2. [I've Got to Love Myself Enough](#) (3:23)
3. [You'll Really Like Me](#) (1:20)
4. [I'll Picture Myself Succeeding](#) (2:39)
5. ♣ [It's OK to Feel](#) (2:14) + Bonus Resources
6. [I've Got to Talk to Them](#) (3:01)
7. [I'll Stand Up for Myself](#) (2:06)
8. [I'll Listen](#) (2:56)
9. [It's Us Against the Problem, Not Me Against You](#) (2:46)
10. [Cooperative Learning Song](#) (1:36)
11. [The First One to Know](#) (1:51)
12. [What if That Were Me?](#) (1:48)
13. [Tony and I](#) (3:29)
14. [One Person at a Time](#) (2:56)

*Songs by Linda K. Williams and Friends*

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### ♪ Caring and Capable Kids, Vol. 3 ♪

1. [Drug-Free...That's Me!](#) (3:02)
2. [There are So Many Ways to Say NO](#) (3:02)
3. [To Be the Best Me](#) (3:51)
4. [Low-Down High](#) (2:45)
5. [Real Life Doesn't Have a Rewind Button](#) (3:02)
6. [Burnin' Up](#) (3:05)
7. [Drive Smart, Drive Sober](#) (4:12)
8. [Hot Brands](#) (3:06)
9. [I Deserve Better \(Gonna Get Unstuck\)](#) (5:01)
10. ♣ [Lemons into Lemonade](#) (2:54)  
+ Bonus Resources
11. [Little Bits of Beauty](#) (5:30)

*Songs by Linda K. Williams*

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### ♪ Caring and Sharing ♪

1. ♣ [Little by Little](#) (2:00)  
+ [Bonus Resource: Baby-Stepping Activity](#)
2. [Self-Talk](#) (2:33)
3. [A Friend in Need](#) (2:02)
4. [We're "Can-Do!" Kids, and We Care](#) (2:00)
5. [I'm Dealing with my Feelings](#) (2:50)  
+ [Bonus Resource: Dealing with Feelings](#)  
- a resource to use especially in these challenging times
6. [I Like Myself](#) (1:15)
7. [Say it! Do it!](#) (0:57)
8. [The Golden Rule Song](#) (1:10)
9. [How Was Your Day Today?](#) (1:20)
10. [No One's Perfect](#) (2:10)
11. [I Still Love You](#) (1:50)
12. [Thank You, Chester](#) (3:46)
13. [Every Child Saved](#) (3:49)
14. [When Will I Hug You Again?](#) (3:33)  
+ Bonus Resource: video
15. [Friendly Night](#) (4:45)

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