

♪ 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.

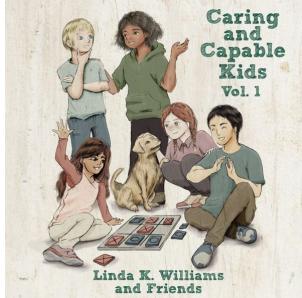
PLEASE ALSO CONSIDER engaging in Visual and Performing Arts inspired by the Lyrics

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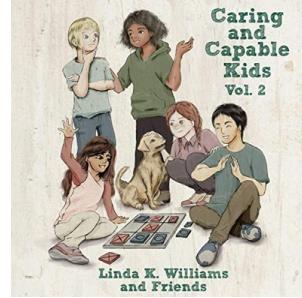
Caring and Capable Kids, V. 1 - Links to the Full Album

YouTube https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

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

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

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



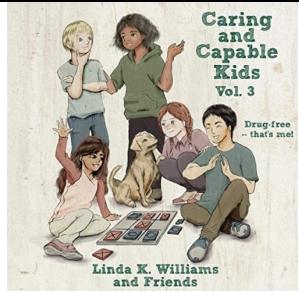
Caring and Capable Kids, V2 - Links to the Full Album

YouTube https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

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://lkbetterworld.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

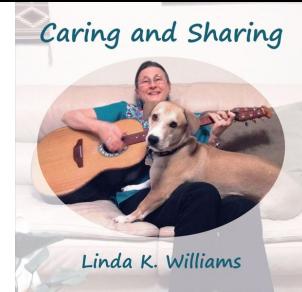
YouTube

https://www.youtube.com/watch?v=KHAFO2yYr4&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

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

<https://lkbetterworld.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_nJfi5rDfszvD_4gkRSESNpxhGqcy5NDc

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

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

<https://lkbetterworld.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>

<h3>♪ Caring and Capable Kids, Vol. 1 ♪</h3> <ol style="list-style-type: none"> 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 <p><i>Songs by Linda K. Williams</i></p> <p>Link to Song Recordings, Lyrics, <u>Think and Share Invitations</u>, and Bonus Resources -- Zoom-Friendly https://lkwbetterworld.files.wordpress.com/2020/12/1-cck-zoom-friendly-songs-and-resources-12-1-20.pdf</p>	<h3>♪ Caring and Capable Kids, Vol. 2 ♪</h3> <ol style="list-style-type: none"> 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) <p><i>Songs by Linda K. Williams and Friends</i></p> <p>Link to Song Recordings, Lyrics, <u>Think and Share Invitations</u>, and Bonus Resources -- Zoom-Friendly https://lkwbetterworld.files.wordpress.com/2020/12/2-cck-zoom-friendly-songs-and-resources-12-1-20.pdf</p>
<h3>♪ Caring and Capable Kids, Vol. 3 ♪</h3> <ol style="list-style-type: none"> 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) <p><i>Songs by Linda K. Williams</i></p> <p>Link to Song Recordings, Lyrics, <u>Think and Share Invitations</u>, and Bonus Resources -- Zoom-Friendly https://lkwbetterworld.files.wordpress.com/2020/12/3-cck-zoom-friendly-songs-and-resources-12-1-20-1.pdf</p>	<h3>♪ Caring and Sharing ♪</h3> <ol style="list-style-type: none"> 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) <p><i>Songs by Linda K. Williams</i></p> <p>Link to Song Recordings, Lyrics, <u>Think and Share Invitations</u>, and Bonus Resources -- Zoom-Friendly https://lkwbetterworld.files.wordpress.com/2020/12/csh-zoom-friendly-12-1-20.pdf</p>