

6 Sample Songs

♪ CARING AND CAPABLE KIDS ♪

51 Songs with Resources for

✿ Social Emotional Learning ✿ Music Therapy

and Developing ✿ Resilience ✿ Empathy and a ✿ Trauma-Informed Lens

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"Think and Share Invitations" for each song are offered as springboards for

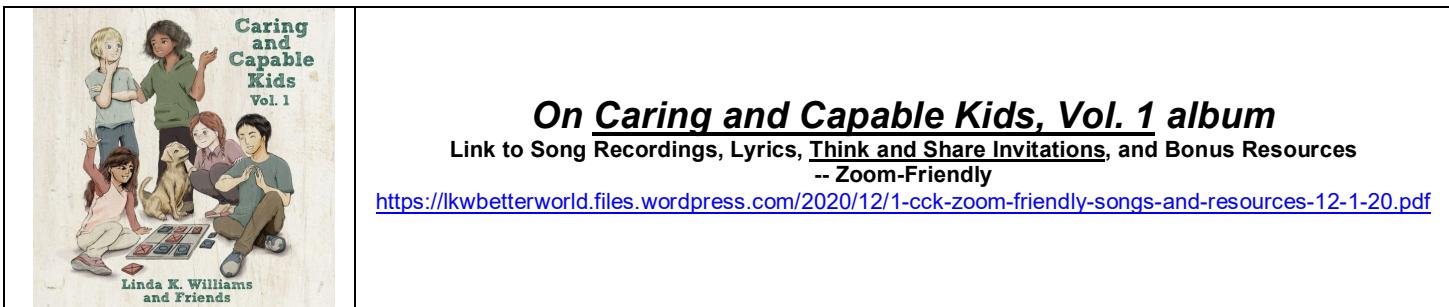
✿ Restorative / Community Building Circles ✿ Writing/ Journaling ✿ Pair and Share, etc.

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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On Caring and Capable Kids, Vol. 1 album

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>

① ♪ WHO I AM MAKES A DIFFERENCE (1:46) ♪

https://www.youtube.com/watch?v=rrTy2W6Msg&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=5

Think and Share Invitations

* Think and share about a time when something you said or did made a difference for someone else, and how you felt when it happened. (+ 2 more *Think and Share Invitations* offered)

② ♪ IF YOU'RE ANGRY AND YOU KNOW IT (2:14) ♪

https://www.youtube.com/watch?v=sbD4BDbCm78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6

+ Bonus Resources

Think and Share Invitations

* Think and share about the anger management/self-regulation strategies you have used effectively.
(+ 3 more *Think and Share Invitations* offered)

Bonus Resources: Different sized formats of lyrics to provide opportunities for students to illustrate verses, with an opportunity to make up their own verses. Included are illustrate-your-own-booklet or book" and/or Big Book or Poster sized print.
<https://lkwbetterworld.files.wordpress.com/2020/11/if-youre-angry...-formats-as-bonus-resources-11-26-20.pdf>

③ ♪ EYES OF COMPASSION: A TRAUMA-INFORMED LENS SONG (1:33) ♪

https://www.youtube.com/watch?v=EdVAQf19cks&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=10

Bonus Resource: Please enjoy this powerful YouTube slideshow created by Cara Clancy (lyrics on screen):

https://www.youtube.com/watch?v=5_7Wik2gPfE

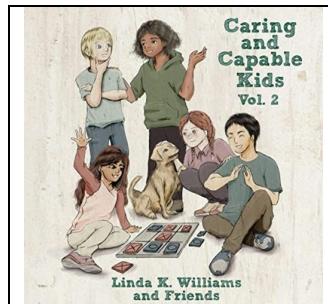
Think and Share Invitations

* Think and share about a time when you were dealing with some kind of trauma, and you were glad that someone treated you with patience and understanding, and let you know they cared about you and supported you, and they helped you build resilience. (PLEASE NOTE: This is likely an opportunity for vocabulary expansion.)

Bonus Resource: Synonyms for Harm/ Trauma: Student Reference sheet

<https://lkwbetterworld.files.wordpress.com/2017/06/synonyms-for-harm-trauma-student-reference-sheet-1-page3.pdf>

(+ 3 more *Think and Share Invitations* offered)



On Caring and Capable Kids, Vol. 2 album

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>

④ **IT'S OK TO FEEL (2:14)**

https://www.youtube.com/watch?v=MSaRqMikCmM&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=5

+ **Bonus Resource: Dealing with Feelings** - a resource to use especially in these challenging times:

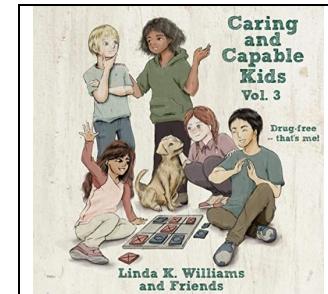
<https://lkwbetterworld.files.wordpress.com/2020/11/dealing-with-feelings-11-22-20-offered-during-c-19-youtube-links-3.pdf>

Think and Share Invitations

Suggested introduction: Someone may have told you, "Don't feel angry ... or sad... or scared..." or "You shouldn't feel...". They may have been concerned about what you might do while angry, and maybe they were uncomfortable dealing with your feelings. Actually, it is important -- and healthy -- for each of us to be honest with ourselves about how we're feeling, and why.

* Think and share about a time when you did identify your own uncomfortable feelings, and dealt with them without hurting anyone because of how you were feeling.

(+ 2 more *Think and Share Invitations* offered)



On Caring and Capable Kids, Vol. 3:

Drug-Free -- That's Me! album

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>

⑤ **LEMONS INTO LEMONADE (2:54)**

https://www.youtube.com/watch?v=8uz558kVGis&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4&index=10

+ **Bonus Resource: Dealing with Feelings** - a resource to use especially in these challenging times:

<https://lkwbetterworld.files.wordpress.com/2020/11/dealing-with-feelings-11-22-20-offered-during-c-19-youtube-links-3.pdf>

Think and Share Invitations

Suggested introduction: Think about the things in your life (in the past, and also now) you see as "lemons" -- that is, things that you've been very unhappy about, worried about, and/or stressed out about. The word "lemonade" refers to things in your life that bring you joy, and can be the result of your own positive attitude and actions to make the best of some "lemons" in your life.

* Think and share about what lemons in your life you have been turning into lemonade, and how you've been doing it.

(+ 5 more *Think and Share Invitations* offered)



On Caring and Sharing album:

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>

⑥ **LITTLE BY LITTLE (2:00)**

https://www.youtube.com/watch?v=Mh1hBoqJNyY&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=1

Think and Share Invitations

* Think and share about a time when you achieved a goal by working little by little.

(+ 2 more *Think and Share Invitations* offered)

Bonus Resource: optional Baby-Stepping Activity and additional Think and Share Invitations

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