

# Caring and Sharing



Linda K. Williams

**Songs and Resources for  
♣ Social Emotional Learning  
♣ Music Therapy  
and Developing ♣ Resilience ♣ Empathy  
and a ♣ Trauma-Informed Lens**

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# ♪ Caring and Sharing ♪

**Linda K. Williams**

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**+ Bonus Resources**

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)

***YouTube links for each song are provided on following pages.***

***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=dmu\\_sic&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=dmu_sic&sr=1-1)

**"Think and Share Invitations" for each song in**  
**♪ Caring and Sharing ♪**

-- written by Linda K. Williams --  
are offered as springboards for:

- ♣ **Restorative / Community Building Circles**
- ♣ **Writing/Journaling** ♣ **Pair and Share, etc.**

**PLEASE ALSO CONSIDER Engaging in Visual and Performing Arts (VAPA) inspired by the Lyrics**

**~ draw ~ paint ~ dance ~ mindful movement**  
**~ hand motions ~ write additional lyrics, skits ~ and more**

**For more songs available with "Think and Share Invitations" and Bonus Resources, please see**

\* **Caring and Capable Kids, Vol. 1** [https://www.amazon.com/Caring-Capable-Kids-Vol1/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-Vol1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46)

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

\* **Caring and Capable Kids, Vol. 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](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)

**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](mailto:Linda.BetterWorld@gmail.com)**

# ♫ 1. LITTLE BY LITTLE (2:00) ♫

[https://www.youtube.com/watch?v=Mh1hBoqJNyY&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSEnpxhGqcy5NDc&index=1](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.
- \* Think and share about a goal that is important to you -- and it seems huge -- but you're doing your best to have a go at it, little by little.
- \* Think and share about how you will keep yourself encouraged as you work towards your goal.

## Bonus Resource: optional Baby-Stepping Activity and additional Think and Share Invitations, next page

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      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!

(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!

CHORUS, SUNG IN SPANISH      *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!*

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!

Dedicated to Jairo Morales, a former student    Words and Music © 1991 by Linda K. Williams  
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**Bonus Resource: OPTIONAL BABY-STEPPING ACTIVITY**

**and additional Think and Share Invitations**

**to use with song #1 Little by Little (2:00)**

[https://www.youtube.com/watch?v=Mh1hBoqJNyY&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=1](https://www.youtube.com/watch?v=Mh1hBoqJNyY&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=1)

*This activity can greatly help students grasp the concept of how baby steps towards a goal can and WILL make a difference.*

1. Demonstrate what "baby steps" means = Walking slowly by placing one foot directly in front of the other, with the heel of the forward foot touching the toe of the foot in back, then repeating with the next foot.
2. Get a volunteer to do baby-stepping as the group sings.
3. Select a distance of 6 - 8 feet (e.g., between a table and a bookcase in the room, or between 2 other points which would work).
4. Show the group the lines of the Chorus on the lyrics, which you'll be singing -- or listening to -- while the volunteer baby-stepper moves from one place to the other, and then heads back again (as time allows).
5. Before beginning, emphasize how slowly their classmate will be moving by using only baby-stepping -- how small each step will be -- then ask for predictions from the group:
  - \* "How many of you think that your classmate will be able to make it all the way to the bookcase by only baby-stepping?"
  - \* "How many of you think they will be able to go all the way there, and start back again?"

**PLEASE NOTE:**

**Over the years, I've found that almost all my students greatly under-estimated how far baby-stepping will take them!**

**Think and Share Invitations**

**AFTER PARTICIPATING IN THE BABY-STEPPING ACTIVITY** (and singing or listening to the song) --

- \* Think and share about how surprised you were by how far your classmate was able to travel by only using such small steps.
- \* Think and share about how this experience might help you feel encouraged by the idea that you WILL be able to reach your goals by **getting going** and **keeping going**.

***Caring and Sharing***

Words &/or Music for all songs written and recorded by

Linda K. Williams

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**YouTube link for album**

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Album and individual songs are also available on

Amazon.com and other platforms.

**Amazon.com link for album** [https://www.amazon.com/Caring-Sharing-Linda-K-](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)

[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)

## ♫ 2. **SELF-TALK (2:33)** ♫

[https://www.youtube.com/watch?v=9lokbK4Tb\\_o&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=2](https://www.youtube.com/watch?v=9lokbK4Tb_o&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=2)

### **Think and Share Invitations**

- \* Think and share about which "self-talk" messages you believe will be most helpful for you, and/or which ones are helpful for you now.
- \* Please also think and share about any additional "self-talk" messages -- not in the verses we sang -- which would also be helpful and encouraging for you.

### **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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**Amazon.com link for album** [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)

♪ 3. **A FRIEND IN NEED** (2:02) ♪

[https://www.youtube.com/watch?v=7EMc8CvcToA&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=3](https://www.youtube.com/watch?v=7EMc8CvcToA&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=3)

**Think and Share Invitations**

\* Think and share about a time when you helped a friend in need -- that is, when a friend of yours needed help and you showed them you cared about them and helped them.

\* Think and share about a time when you needed a friend, and someone was there for you.

- 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 recording, sung as a 3-part round)

Words: © 1993 by Linda K. Williams

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#### ♪ 4. WE'RE "CAN-DO!" KIDS, AND WE CARE (2:00) ♪

[https://www.youtube.com/watch?v=EjpxBMxE0H4&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=4](https://www.youtube.com/watch?v=EjpxBMxE0H4&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=4)

### Think and Share Invitations

\* Think and share about a time when you did one or more of the following:

- dealt with your feelings so that no one got hurt
- made decisions wisely
- solved a problem
- said "NO!" to peer pressure
- said "NO!" to drugs
- helped others learn to do any of those things
- showed that you care about your rights, feelings, and your body
- showed that you care about others
- showed that you care about this world we share

### **CHORUS**

We're "can do!" kids, and we care. (X X)                      Please Note: X = clap

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. I'M DEALING WITH MY FEELINGS (2:50) ♫

[https://www.youtube.com/watch?v=yxrD52hDvbl&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSEnpxhGqcy5NDc&index=5](https://www.youtube.com/watch?v=yxrD52hDvbl&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSEnpxhGqcy5NDc&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**

- \* Think and share about a time when you identified and respected your feelings, and dealt with them in a healthy way.
- \* Think and share about a time when you did one or more of the following:
  - you were honest with yourself about how you felt, and why
  - if you didn't understand just what it was you felt, you looked inside yourself and puzzled it out
  - someone special helped you talk it out, and figure out your feelings, so that you could call your feelings by name
  - you drew, painted, or wrote about how you felt

### **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!

Please note: more feelings could be added in additional verses Words and Music © 1995 by Linda K. Williams  
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## ♪ 6. I LIKE MYSELF (1:15) ♪

[https://www.youtube.com/watch?v=168qkz0Odtc&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=6](https://www.youtube.com/watch?v=168qkz0Odtc&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=6)

### Think and Share Invitations

- \* Think and share about why it's important to like yourself and know you're special.
- \* Think and share about why it's important to recognize that you're not perfect, and that you've "got some room to grow."
- \* Think and share about why it's important to know that other people are also special, and not perfect.

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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YouTube link for album [https://www.youtube.com/playlist?list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc](https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc)

Amazon.com link for album [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)

**♫ 7. SAY IT! DO IT! (0:57) ♫**

[https://www.youtube.com/watch?v=l2Rhickk3-Q&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSEnpxhGqcy5NDc&index=7](https://www.youtube.com/watch?v=l2Rhickk3-Q&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSEnpxhGqcy5NDc&index=7)

**Think and Share Invitations**

- \* Think and share about a time when you said something to brighten someone's day, or when you did something to help someone through a challenging time.  
What did you say, and/or what did you do?
- \* Think and share about a time when someone said something to brighten your day, or did something to help you through a challenging time.  
What did they say and/or what did they do?
- \* How did you feel when any of the above happened?

**(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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## ♫ 8. THE GOLDEN RULE SONG (1:10) ♫

[https://www.youtube.com/watch?v=KlcRjObWTO4&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=8](https://www.youtube.com/watch?v=KlcRjObWTO4&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=8)

### **Think and Share Invitations**

- \* Think and share about a time when you got along well together with someone because you treated them the way you wanted to be treated.
- \* Think and share about a time when someone treated you the way they wanted to be treated.  
How did you feel?

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.

### ***Other verses (not recorded): I'll Treat You...***

**Suggested question:** "How is Verse A different from Verse B? What difference could this make in what you do and say?"

A

I'll treat you like I want to be treated,  
like I want to be treated, like I want to be treated.  
I'll treat you like I want to be treated.  
I'll think of how I might feel if I were you.

B

I'll treat you like you want to be treated,  
like I want to be treated, like you want to be treated.  
I'll treat you like you want to be treated.  
I'll think of how I might feel if I were you.

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 [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) [BetterWorld-Resources.com](http://BetterWorld-Resources.com)

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## ♪ 9. How Was Your Day Today? (1:20) ♪

[https://www.youtube.com/watch?v=D8rLI-TW1Xq&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=9](https://www.youtube.com/watch?v=D8rLI-TW1Xq&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=9)

### **Think and Share Invitations**

- \* Think and share about a time when someone showed they truly cared about you and was interested in knowing how your day had gone. How did you feel?
- \* Think and share about a time when you expressed interest in someone and showed you cared about how their day had gone.

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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♪ 10. **NO ONE'S PERFECT (2:10)** ♪

[https://www.youtube.com/watch?v=A6egRw0qiYg&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=10](https://www.youtube.com/watch?v=A6egRw0qiYg&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=10)

**Think and Share Invitations**

- \* Think and share about a time when you made a mistake, and managed to be gentle with yourself, and forgive yourself.
- \* Think and share about how you managed to keep your anxiety/stress level low, while also keeping your expectations for yourself high.

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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## ♫ 11. I STILL LOVE YOU (1:50) ♫

[https://www.youtube.com/watch?v=wdlvEVntWdA&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=11](https://www.youtube.com/watch?v=wdlvEVntWdA&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=11)

### **Think and Share Invitations**

- \* Think and share about a time when you had a really bad day, and you said and did things you wished afterwards you hadn't said and done.
- \* Think and share about how you and others worked things out after that really bad day.
- \* Think and share about why it's important to be able to separate a person from their actions -- that is, to be able to care about and like a person, even when you don't like their actions or choices.

### 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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## ♫ 12. THANK YOU, CHESTER (3:46) ♫

[https://www.youtube.com/watch?v=coh\\_ZvF6KI4&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSEnpxhGqcy5NDc&index=12](https://www.youtube.com/watch?v=coh_ZvF6KI4&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSEnpxhGqcy5NDc&index=12)

### Think and Share Invitations

- \* Think and share about a time when a Police Officer or other First Responder made you feel "safe and protected from harm."
- \* Think and share about what you might want to say to them if you had a chance to see them again and let them know how you felt about their helping you.

*This song was written in honor of Chester Wawrzyniak (1903-1975), a Toledo, OH 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 at that time.  
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!

### ♪ 13. **EVERY CHILD SAVED** 3:49 ♪

[https://www.youtube.com/watch?v=a7mBXfSR1YY&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=13](https://www.youtube.com/watch?v=a7mBXfSR1YY&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=13)

#### **Think and Share Invitations**

- \* Think and share about your reactions to these two lines from the song:  
*Every child saved becomes a positive force in the world;  
Every child lost becomes a loss affecting future generations.*
- \* Think and share about how we can "harness the power of hope and love" for the benefit of all, and especially for the benefit of children.

#### **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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## ♪ 14. WHEN WILL I HUG YOU AGAIN? (3:33) ♪

[https://www.youtube.com/watch?v=VFuuPqLuNj0&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=14](https://www.youtube.com/watch?v=VFuuPqLuNj0&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=14)

Bonus Resource -- YOUTUBE LINK FOR VIDEO <https://www.youtube.com/watch?v=m36lHr5jGEc>

### Think and Share Invitations

- \* Think and share about special memories you have with someone you care about but don't get to see as often as you would like.
- \* Think and share about how you feel when a long time passes in between the times that you're able to spend time with them.

#### REFRAIN:

When will I hug you again? Seems like it's been forever  
My arms long to give you a tender squeeze... for now, I am grateful for your face on my screen...  
but, when will I hug you again?

1

You help me see the world through your eyes... all your questions and wonder help me realize  
you're learning so much, and teaching me, too --  
Precious memories together..., I trust more will come soon!  
But, when will I hug you again?

2

I treasure the times, side by side, arm 'round your shoulder,  
swinging on your front porch, or in our back yard,  
then exploring the garden, seeing what we can find -- roaming up hill and down, your little hand in mine...  
But, when will I hug you again?

3

What a joy it is when we cuddle and read... so many stories await us when you're back on my lap!  
And what joy, singing you to sleep, stroking your little nose, as you drift off to slumber,  
wrapped in love, for your nap.

#### LAST REFRAIN / ENDING

When will I hug you? When will I hold your hand? When will we be together again  
without needing face masks and a safe 6-foot dance?  
This social distancing is keeping us apart... and the distance between us is breaking my heart...  
Oh... when will I hug you again?

#### ORIGINAL REFRAIN:

When will I hug you again? Seems like it's been forever  
My arms long to give you a tender squeeze... for now, I am grateful for your face on my screen...  
but, when will I hug you again?

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Written in June 2020 as my own music therapy during the pandemic, while missing Easton,  
our dear 4-year-old grandson, who lives 2,000 miles away.

*Also offered via ACEsConnection.com to hopefully bring a smiles to others' faces, as well.*

*Many thanks to Ms. Dana Brown -- ACEs Science Statewide Facilitator, Learn4Life and Organizational Liaison, ACEs Connection  
-- for her encouragement to share this widely!*

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♪ 15. **FRIENDLY NIGHT** (4:45) ♪

**Think and Share Invitations**

- \* Think and share about how it felt for you when someone helped you relax and get a good night's sleep.
- \* Think and share about how it felt when you helped someone else relax and get a good night's sleep.

REFRAIN: Friendly night has come again, beckoning 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, beckoning 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, beckoning 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, beckoning 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, beckoning 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...

Words and music © 1994 by Linda K. Williams, dedicated to our own precious one, Cherilyn Marie.  
It is a special joy that this is now one of our dear grandson Easton's favorite songs, as well!  
*Linda.BetterWorld@gmail.com BetterWorld-Resources.com*

[YouTube link for album](https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc) [https://www.youtube.com/playlist?list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc](https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc)

[Amazon.com link for album](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](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)