

# ♪ CARING AND CAPABLE KIDS ♪

## 11 Selected Songs to support ENGLISH LANGUAGE LEARNERS and/or Younger Students

**PLEASE NOTE:** Engaging in Visual and Performing Arts activities inspired by the Lyrics -- e.g., drawing, painting, hand motions -- can be crucial in providing Comprehensible Input for English Language Learners.

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

ELL Song #1 Who I Am Makes a Difference (1:46)

ELL Song #2 If You're Angry & You Know It (2:14) + **Bonus Resources**

*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-](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)

[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)

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

ELL Song #3 Connected, Unique, and Powerful (2:22)

ELL Song #4 You'll Really Like Me (1:20)

*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>

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

ELL Song #5 To Be the Best Me (3:51)

ELL Song #6 Lemons into Lemonade (2:54) + **Bonus Resources**

*Links to the Full Album*

**YouTube** [https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4](https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4)

**Amazon.com** [https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-](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)

[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)

### ♪ Caring and Sharing ♪

ELL Song #7 Self-Talk (2:33) + **Bonus Resources**

ELL Song #8 A Friend in Need (2:02) + **Bonus Resources**

ELL Song #9 I Like Myself (1:15)

ELL Song #10 Say it! Do it! (0:57) + **Bonus Resources**

ELL Song #11 The Golden Rule Song (1:10) + **Bonus Resources**

*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-](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)

**For Instructional Recommendations for using songs to support  
English Language Development and Literacy Skills, please click below:**

**"Sing Along, Read a Song"**

<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-4a-sing-along-read-a-song-for-cck-11-ell-songs.pdf>

**Six English Verb Songs to Common Tunes:** Present, Present and Past Progressive, Future Tenses, Q + A, There is / There are

<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-4b-6-verb-songs-esl-ell-songs-systematic-eld.pdf>

**Four Tips for Teaching English through Music** from Teachers of English to Speakers of Other Languages (TESOL)

<http://blog.tesol.org/four-tips-for-teaching-english-through-music/> (not authored by Linda K. Williams)

**Complimentary resources offered by Linda K. Williams, Bilingual Cross-Cultural Specialist**

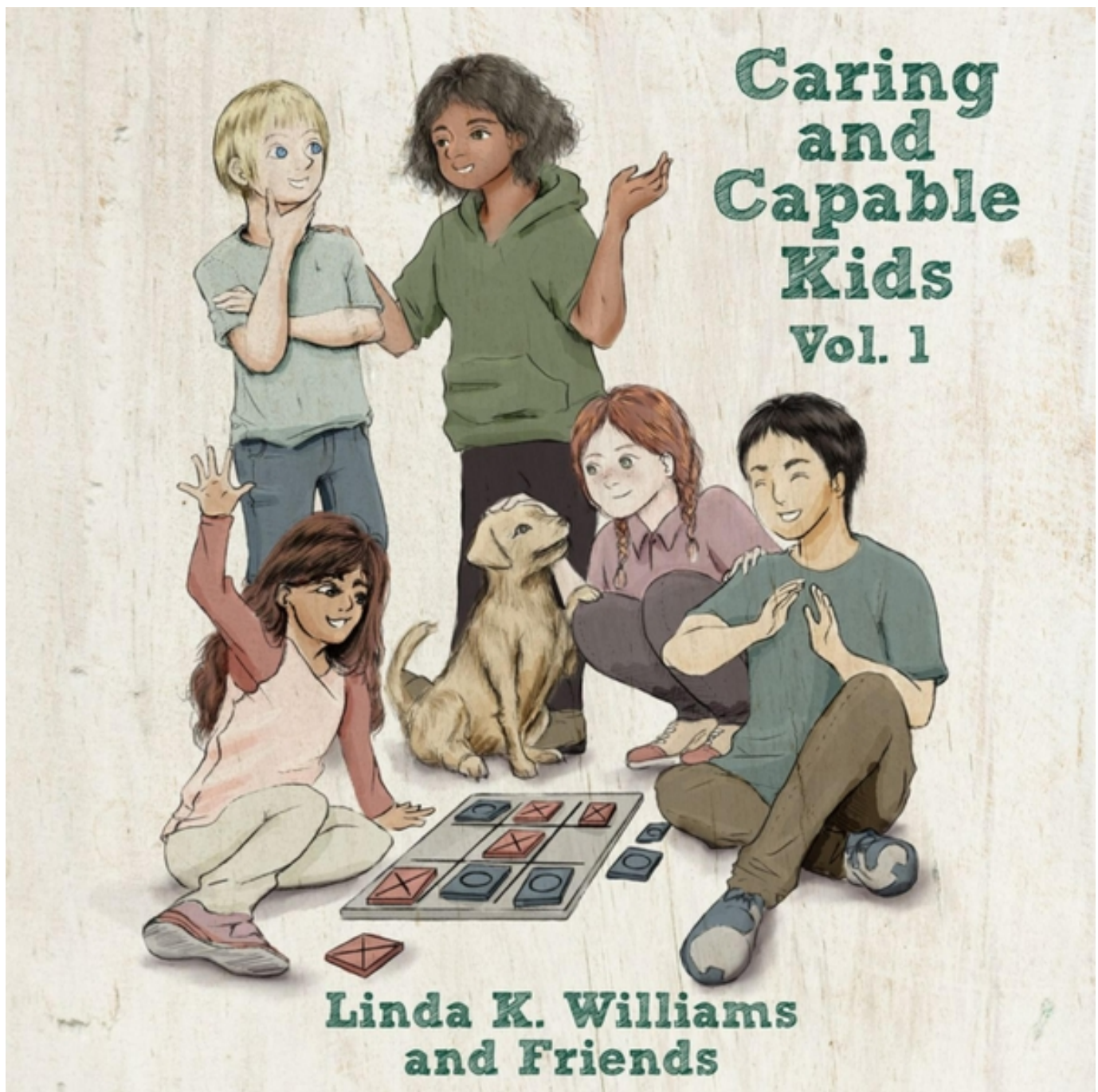
[Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) [CaringandCapableKids.com](http://CaringandCapableKids.com) April 2021

**For a link to Linda's Bio and Publications, please click here:**

<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-welcome-to-cck-bio-endorsements.pdf>

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**PLEASE NOTE:** ZOOM-FRIENDLY LYRICS ARE AVAILABLE ON THE FOLLOWING PAGES.



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

*Linda.BetterWorld@gmail.com    [CaringandCapableKids.com](http://CaringandCapableKids.com)*

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# 🎵 ***Caring and Capable Kids, Vol. 1*** 🎵

**Linda K. Williams**

*Linda.BetterWorld@gmail.com*

*CaringandCapableKids.com*

**ELL Song #1 Who I Am Makes a Difference (1:46)**

**ELL Song #2 If You're Angry & You Know It (2:14)**

**Bonus Resource: Dealing with Feelings** - resources to use especially in these challenging times:

<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-2g-dealing-with-feelings-greatly-expanded.pdf>

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

## **Links to the Full Album**

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## **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)

## **Caring and Capable Kids book**

**INNERCHOICE Publishing**

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

April 2021

# ♫ **ELL Song #1 WHO I AM MAKES A DIFFERENCE (1:46)** ♫

[https://www.youtube.com/watch?v=rrTy2W6Msgg&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=5](https://www.youtube.com/watch?v=rrTy2W6Msgg&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.
- \* Share what the word "empowered" means to you.  
**(PLEASE NOTE: This is likely an opportunity for vocabulary expansion.)**
- \* Who do you know who has made a difference in this world? Making a difference on a small-scale and/or on a larger scale? (-- that is, making an impact on family / friends / community / world)

1.

Who I am makes a difference,  
What I do makes a difference,  
What I say makes a difference,  
Each and every day.  
    Who I am makes a difference,  
    What I do makes a difference,  
    What I say makes a difference,  
    And the same is true for you.

2

Who you are makes a difference,  
What you do makes a difference,  
What you say makes a difference,  
Each and every day.  
    Who you are makes a difference,  
    What you do makes a difference,  
    What you say makes a difference,  
    And the same is true for us.

3

Who we are makes a difference,  
What we do makes a difference,  
What we say makes a difference,  
Each and every day.  
    Who we are makes a difference,  
    What we do makes a difference,  
    What we say makes a difference,  
    Yes, I know it's true.

REPEAT VERSE 1, AND END WITH THIS LINE SPOKEN:

**And the same is true for you!**

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Composer and Lyricist Linda K. Williams / Lead Singer and Producer Patricia Mikkelson

### **YouTube link for album**

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

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## ♪ **ELL Song #2 IF YOU'RE ANGRY AND YOU KNOW IT (2:14)** ♪

[https://www.youtube.com/watch?v=sbD4BDcM78&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=6](https://www.youtube.com/watch?v=sbD4BDcM78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6)

**Bonus Resource: Dealing with Feelings** - resources to use especially in these challenging times:

<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-2g-dealing-with-feelings-greatly-expanded.pdf>

### **Think and Share Invitations**

- \* Think and share about the anger management/self-regulation strategies you have used effectively.
- \* What strategies have you seen others use effectively?
- \* What has happened if/when you or others do not use anger management or self-regulation strategies to control your/their anger?
- \* How does anger feel in your body?

**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>

- 1 If you're angry and you know it, talk it over, "I'm angry!"  
If you're angry and you know it, talk it over, "I'm angry!"  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, talk it over, "I'm angry!"
- 2 If you're angry and you know it, count to ten, "1, 2, 3..."  
If you're angry and you know it, count to ten, "...4, 5, 6..."  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, count to ten! "...7, 8, 9, 10!"
- 3 If you're angry and you know it, stop and think, "Hm-m!"  
If you're angry and you know it, stop and think, "Hm-m!"  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, stop and think, "Hm-m!"
- 4 If you're angry and you know it, pound a pillow, "Whap, whap!"  
If you're angry and you know it, pound a pillow, "Whap, whap!"  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, pound a pillow, "Whap, whap!"
- 5 If you're angry and you know it, take a walk, "Walk, walk!"  
If you're angry and you know it, take a walk, "Walk, walk!"  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, take a walk, "Walk, walk!"
- 6 If you're angry and you know it, just relax, "Ah-h-h!"  
If you're angry and you know it, just relax, "Ah-h-h!"  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, just relax, "Ah-h-h!"

### **INVITE SINGERS TO MAKE UP -- AND ACT OUT -- THEIR OWN VERSES:**

If you're angry and you know it, \_\_\_\_\_  
If you're angry and you know it, \_\_\_\_\_  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, \_\_\_\_\_

Tune: popular children's folk song, "If You're Happy and You Know It, Clap Your Hands."

Lyrics are copyright 1982 by Linda K. Williams [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) [CaringandCapableKids.com](http://CaringandCapableKids.com)

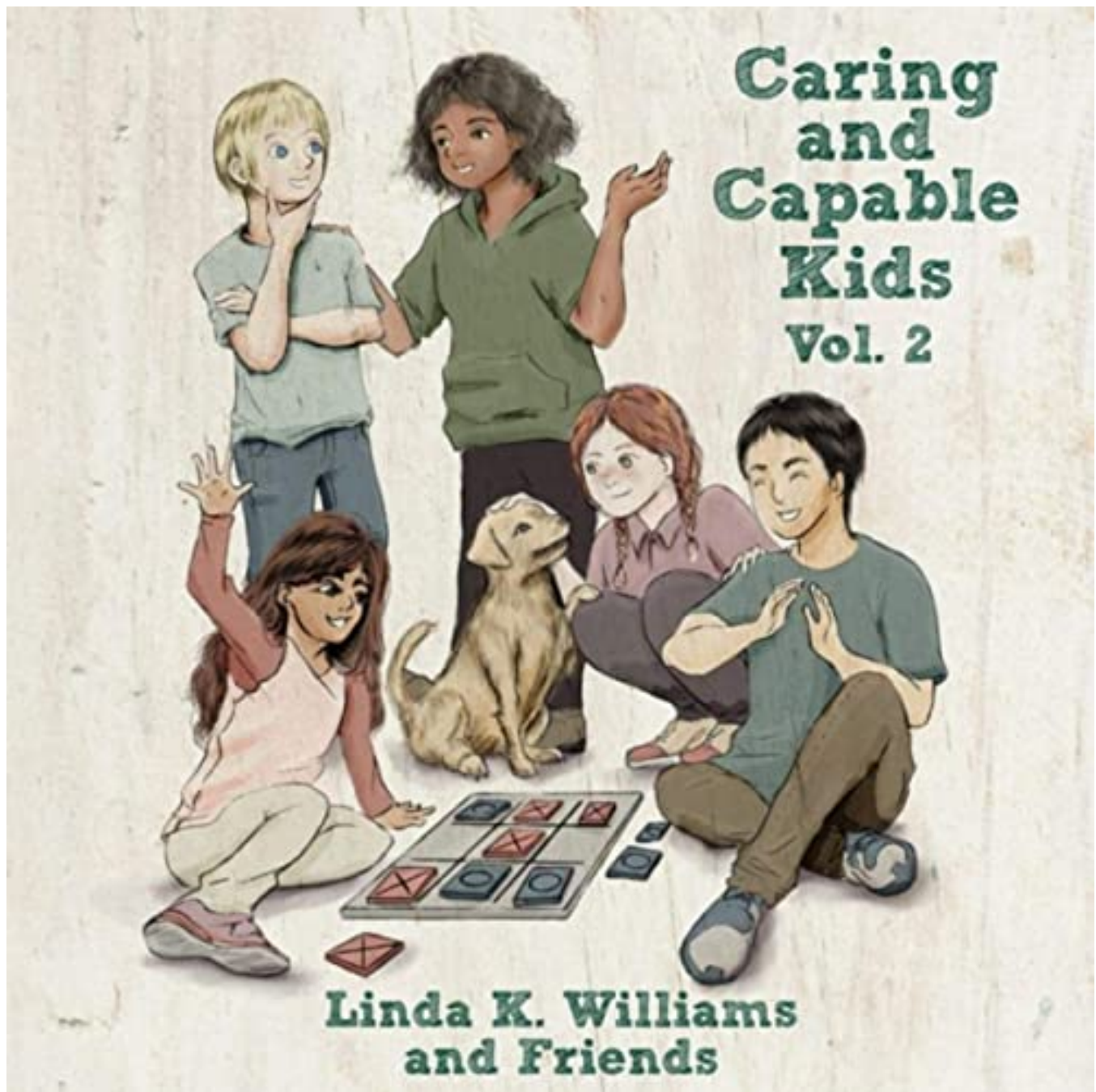
Lead Singer and Producer Andy Murray [AndyandTerryMusic@icloud.com](mailto:AndyandTerryMusic@icloud.com)

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

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

**Linda K. Williams**

*Linda.BetterWorld@gmail.com   [CaringandCapableKids.com](http://CaringandCapableKids.com)*

**ELL Song #3 Connected, Unique, and Powerful (2:22)**

**ELL Song #4 You'll Really Like Me (1:20)**

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

**Links to the Full Album**

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**Caring and Capable Kids book**

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*April 2021*

🎵 **ELL Song #3 CONNECTED, UNIQUE, AND POWERFUL (2:22)** 🎵

[https://www.youtube.com/watch?v=2kXgouV\\_O9E&list=OLAK5uy\\_kw6aTs5dEm\\_UxrS59m1RBnyW8zCDMLZ7E&index=1](https://www.youtube.com/watch?v=2kXgouV_O9E&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=1)

**Think and Share Invitations**

- \* Think and share about the ways in which you
  - feel connected to others
  - feel unique / really special
  - feel powerful / in charge of your success.
- \* How can you help someone else feel more connected? ... unique? ... powerful?
- \* What emotions do you have when you are feeling connected... unique... special... and/or powerful?

(1)

I'm connected to others. I'm unique; I'm really special!  
I'm powerful---in charge of my success. Hooray for me!  
I'm connected to others. I'm unique; I'm really special!  
I'm powerful---in charge of my success. Hooray for me!

(2)

You're connected to others. You're unique; you're really special!  
You're powerful---in charge of your success. Hooray for you!  
You're connected to others. You're unique; you're really special!  
You're powerful---in charge of your success. Hooray for you!

(3)

We're connected to others. We're unique; we're really special!  
We're powerful---in charge of our success. Hooray for us!  
We're connected to others. We're unique; we're really special!  
We're powerful---in charge of our success. Hooray for us! ---YEAH!

(REPEAT SONG, ALL VERSES)

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

Composer and Lyricist Linda K. Williams,      Lead Singer and Producer Patricia Mikkelsen

Many thanks to Barbara Reider for the inspiration for this song!  
Her book, A Hooray Kind of Kid is available from Sierra House Publishing,  
2716 King Richard Drive, El Dorado Hills, CA 95630

**YouTube link for album**

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**♪ ELL Song #4 YOU'LL REALLY LIKE ME (1:20) ♪**

[https://www.youtube.com/watch?v=IOdQP8UPJek&list=OLAK5uy\\_kw6aTs5dEm\\_UxrS59m1RBnyW8zCDMLZ7E&index=3](https://www.youtube.com/watch?v=IOdQP8UPJek&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=3)

**Think and Share Invitations**

- \* Think and share about a time when you met someone new, and expected them to like you -- and you expected to like them, too. How did you feel when that happened?
- \* How might we feel and act differently if we do not expect to like someone new, or do not expect them to like us?
- \* When you meet new people, what are some things you would like them to know about you?

*SUGGESTION: When singing with a group, sing to a partner, then switch partners as many times as desired.*

(1)

I'm sure that when you get to know me,  
you will really, really like me.  
Yes, when you get to know me  
I just know you're going to like me.

(2)

I'm sure that when I get to know you,  
I will really, really like you.  
Yes, when I get to know you,  
I just know I'm going to like you.

On the recording, the entire song is sung 3 times;  
1st verse is then sung once more.

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Lead Singer and Producer Patricia Mikkelson

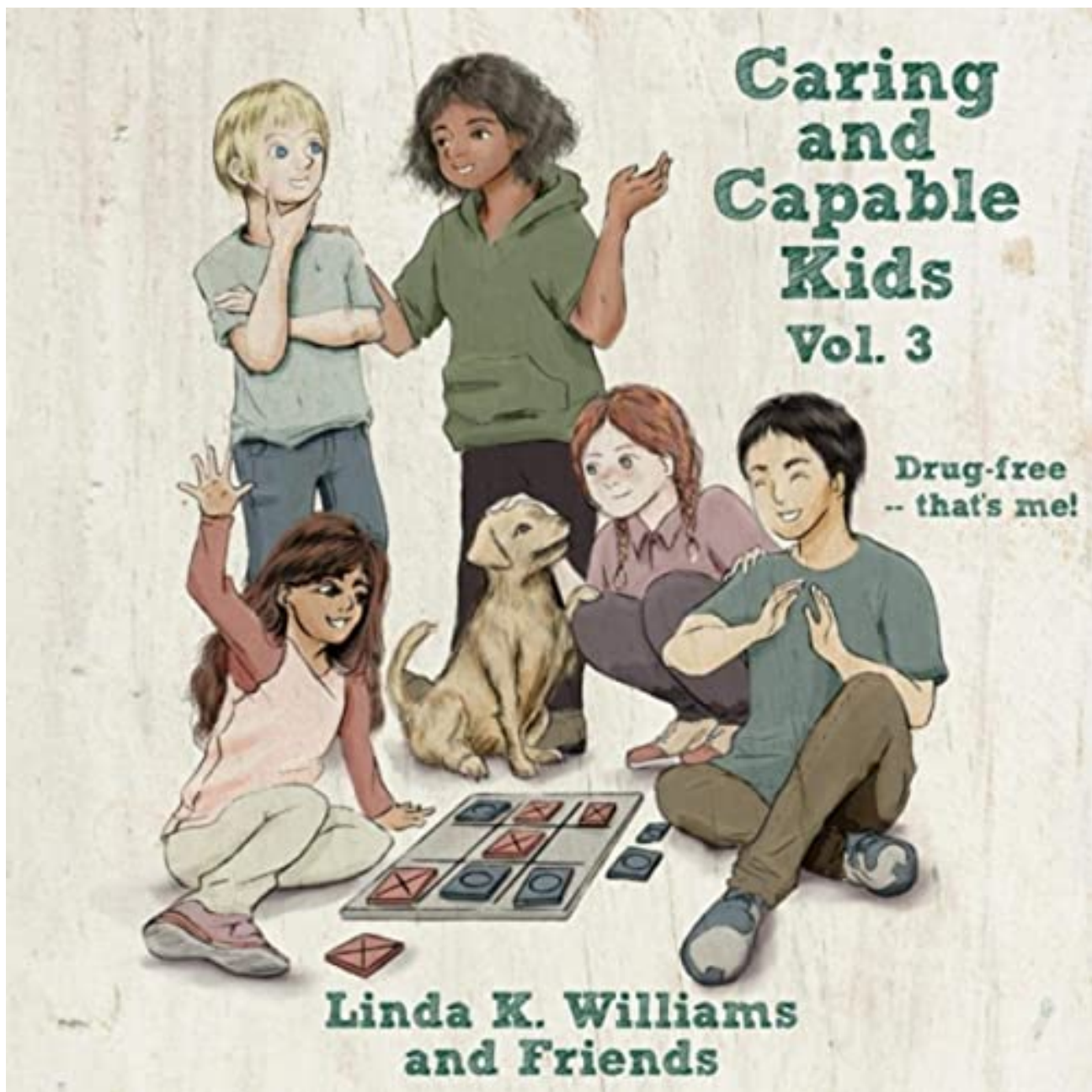
Many thanks to Barbara Reider for the inspiration for this song! Her book, A Hooray Kind of Kid is available from Sierra House Publishing, 2716 King Richard Drive, El Dorado Hills, CA 95630

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**+ Bonus Resources**

**ELL Song #5 To Be the Best Me (3:51)**

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**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)

**Caring and Capable Kids book**

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*April 2021*

## ♫ ELL Song #5 TO BE THE BEST ME (3:51) ♫

[https://www.youtube.com/watch?v=Q8XfD9pXyI0&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvi2Cu-OP4&index=3](https://www.youtube.com/watch?v=Q8XfD9pXyI0&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvi2Cu-OP4&index=3)

### Think and Share Invitations

Suggested introduction: To "affirm myself" means "to say -- or think -- things about myself, to myself; to declare those things to be true," and in this song, you are encouraged to say positive and helpful things about yourself, to yourself -- affirmations-- in order to help you be the best you that you can be!

\* Think and share about what it means to you to be the best version of yourself.

\* Think and share about which of these affirmations do you find most encouraging and empowering, and why:

- ~ I'm lovable and capable.
- ~ I believe in myself, and I am special.
- ~ I stay true to who I am.
- ~ I learn from my mistakes.
- ~ I know that I am loved.
- ~ I can make wise decisions.
- ~ I choose my friends wisely.
- ~ I handle problems calmly.
- ~ I like myself and I'm unique
- ~ I get high on life and live drug-free

~ \_\_\_\_\_ (Make up your own positive messages to yourself!)

- (1) I'm lovable and capable;  
I'm lovable and capable!

**REFRAIN** To be the best me that I can be, I affirm myself each day!

- (2) I believe in myself, and I am special:  
I believe in myself, and I am special! **REFRAIN**

- (3) I stay true to who I am;  
I stay true to who I am! **REFRAIN**

- (4) I learn from my mistakes;  
I learn from my mistakes! **REFRAIN**

- (5) I know that I am loved;  
I know that I am loved! **REFRAIN**

- (6) I can make wise decisions;  
I can make wise decisions! **REFRAIN**

- (7) I choose my friends wisely;  
I choose my friends wisely! **REFRAIN**

- (8) I handle problems calmly;  
I handle problems calmly! **REFRAIN**

- (9) I like myself and I'm unique;  
I like myself and I'm unique! **REFRAIN**

- (10) I get high on life and live drug-free;  
I get high on life and live drug-free! **REFRAIN**

**SPOKEN: "For the next 4 verses, choose your favorite affirmations, or make up your own positive messages to yourself!"**  
**THEN REPEAT FIRST VERSE AND REFRAIN.**

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[CaringandCapableKids.com](http://CaringandCapableKids.com)

Lead Singer and Producer Patricia Mikkelsen

**YouTube link for album** [https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvi2Cu-OP4](https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvi2Cu-OP4)

**Amazon.com link for album** [https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-](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)

[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)

## ♫ ELL Song #6 **LEMONS INTO LEMONADE** (2:54) ♫

[https://www.youtube.com/watch?v=8uz558kVGjs&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4&index=10](https://www.youtube.com/watch?v=8uz558kVGjs&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4&index=10)

**Bonus Resource: Dealing with Feelings** - resources to use especially in these challenging times:

<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-2g-dealing-with-feelings-greatly-expanded.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.
- \* What are some other lemons in your life that you believe you can turn into lemonade, and how will you work on making things better?
- \* Think and share about the importance of tuning in to your feelings and thinking things through when dealing with a lemon in your life.
- \* Think and share about the lemons in your life that you can't control or change, and how you're dealing with accepting and making the best of those things, "taking it in stride."
- \* What are several different ways you can choose to act when something is not going your way?
- \* Think and share about some positive actions you could choose if you were faced with the examples of lemons given in the song: ~ if you move away from all your friends, ~ if your parents get divorced, ~ if your dog runs away

#### **1ST CHORUS:** (X = clap)

Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X)

I can turn lemons into lemonade,

you can turn lemons into lemonade,

We all can turn lemons into lemonade,

so let's turn lemons into lemonade!

(1)

Sometimes life hands us a lemon, we don't like at all what's come our way.

We may feel we've no control over what's going to be, it may seem we don't even have a say.

It's best to sit right down and figure out what can be changed and what cannot, and

accept and make the best of what we cannot change, and work hard to change what we can!

**2ND CHORUS:** Yes, we turn our lemons into lemonade, we turn our lemons into lemonade,  
we turn our lemons into lemonade, we turn our lemons into lemonade.

(2)

Though we don't have it in our power to order the whole universe,

I see we can work to make our little corner of it the best that it can be.

Sometimes I want to give up and say, "Poor me! I guess this is how my life's going to be!"

Or I may blame others for the fix I'm in; that's just a waste of my energy!

**3RD CHORUS:** But I turn my lemons into lemonade, I turn my lemons into lemonade,  
I turn my lemons into lemonade, I turn my lemons into lemonade.

(3)

There are lots of lemons life hands us, and each one of us has to decide

if we'll take each lemon and sit there puckered up --- or just take it in stride!

So, if you move away from all your friends, your parents get divorced,

your dog runs away and you're feeling way off course,

tune in to your feelings and think it through; make the bitter better---make a dream come true!

TAKE THOSE SOUR LEMONS, AND YOU CAN MAKE SOME SWEET LEMONADE!

**REPEAT 1ST CHORUS** (ALL 8 LINES), THEN END WITH

Lemons into lemonade, (X, X) -- Lemons into lemonade, (X, X)

Lemons into lemonade, (X, X) -- Lemons into lemonade, (X, X)

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**YouTube link for album** [https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4](https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4)

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[Free/dp/B08H4HGKTX/ref=sr\\_1\\_2?dchild=1&keywords=drug-free...+that%27s+me%21&qid=1606096976&s=dmusic&sr=1-2](https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-Free/dp/B08H4HGKTX/ref=sr_1_2?dchild=1&keywords=drug-free...+that%27s+me%21&qid=1606096976&s=dmusic&sr=1-2)



# Caring and Sharing



Linda K. Williams

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

*Linda.BetterWorld@gmail.com*

*[CaringandCapableKids.com](http://CaringandCapableKids.com)*

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# **Caring and Sharing**

**Linda K. Williams**

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**+ Bonus Resources**

**ELL Song #7 Self-Talk (2:33)**

**ELL Song #8 A Friend in Need (2:02)**

**ELL Song #9 I Like Myself (1:15)**

**ELL Song #10 Say it! Do it! (0:57)**

**ELL Song #11 The Golden Rule Song (1:10)**

***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=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)

*April 2021*

## ♫ ELL Song #7 **SELF-TALK (2:33)** ♫

[https://www.youtube.com/watch?v=9lokK4Tb\\_o&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=2](https://www.youtube.com/watch?v=9lokK4Tb_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  
[Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) [CaringandCapableKids.com](http://CaringandCapableKids.com)

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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)

♪ **ELL Song #8 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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## ♫ **ELL Song #9 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 going to 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 going to 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 going to 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 going to 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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**♫ ELL Song #10 SAY IT! DO IT! (0:57) ♫**

[https://www.youtube.com/watch?v=I2Rhjckk3-Q&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSEnpxhGqcy5NDc&index=7](https://www.youtube.com/watch?v=I2Rhjckk3-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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## ♫ ELL Song #11 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) [CaringandCapableKids.com](http://CaringandCapableKids.com)

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