



**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)    <https://caringandcapablekids.com/>*

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

**Linda K. Williams**

Linda.BetterWorld@gmail.com [CaringandCapableKids.com](http://CaringandCapableKids.com) <https://caringandcapablekids.com/>

✓ **For 7 of the Most-Requested Songs, Think and Share Invitations, and Bonus Resources, please follow this link:**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-7-of-the-most-requested-songs.pdf>

◆ **For 11 Songs and Bonus Resources for English Language Learners -- and/or Younger Students**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-11-ell-songs-and-or-younger-students-from-caring-and-capable-kids-4-albums.pdf>

☆ **For Bonus Resources for Dealing with Feelings**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-dealing-with-feelings-bonus-resources-greatly-expanded.pdf>

♥ **For Bonus Resources for Promoting Empathy and Compassion**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-empathy-compassion-bonus-ress.pdf>

Ⓟ **For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

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: Song of Hope / Empowerment** (3:52)
5. ♥ ✓ ◆ Ⓟ **Who I Am Makes a Difference** (1:46)
6. ☆ ✓ ◆ Ⓟ **If You're Angry & You Know It** (2:14)
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: Trauma-Informed Lens** (1:33)
11. ♥ Ⓟ **Ojos de Compasión: Una Visión Informada por Trauma** (1:36)

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

## 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)

## Caring and Capable Kids book

### INNERCHOICE Publishing

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

April 2021

**"Think and Share Invitations" for each song in**  
**♪ Caring and Capable Kids, Vol. 1 ♪**

written by Linda K. Williams with [Brianda Vargas](mailto:brianda@communityyogamindfulness.org)

[brianda@communityyogamindfulness.org](mailto:brianda@communityyogamindfulness.org)

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 Sharing**

[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)

**\* Caring and Capable Kids, Vol. 2**

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

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

[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)

**April 2021 Just released!**

**More Bonus Resources, plus a**

**Special Single: "You are a Marvel" words by Pablo Casals**

**For more information: [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com)**

**[CaringandCapableKids.com](http://CaringandCapableKids.com)   <https://caringandcapablekids.com/>**

# ♪ 1. HANDLE WITH CARE (4:09) ♪

[https://www.youtube.com/watch?v=dUmm\\_L-e3fE&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=1](https://www.youtube.com/watch?v=dUmm_L-e3fE&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=1)

## ♥ For Bonus Resources for Promoting Empathy and Compassion

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### Think and Share Invitations

- \* Think about the following lines from the song: "Where there is hatred, I'll bring love... Where there is sadness, I'll bring joy... Where there's been harm done, I'll ease the pain..."
- \* Now, think and share about how you have done any of these things in your own life, and how you felt about doing them.
- \* Also, in what ways have you seen other people addressing those needs of others?
- \* What are ways we can overcome hatred and bring love?

### **CHORUS**

Where there is hatred, I'll bring love; we can settle things by talking, you'll see.  
Where there is sadness, I'll bring joy; I'll help you to smile again.  
Where there's been harm done, I'll ease the pain, and help the forgiving begin.

1. My vision is all people living in peace, though I can't change the world in a day,  
I'll start with myself and the people I know, and from there the caring will grow.  
To help stop the hating and hurting and fear, here is what I'm going to do ...

### **CHORUS**

Where there is hatred, I'll bring love; we can settle things by talking, you'll see.  
Where there is sadness, I'll bring joy; I'll help you to smile again.  
Where there's been harm done, I'll ease the pain, and help the forgiving begin.

2. Instead of waiting for you to dry my tears, I'll dry yours, and comfort you.  
Instead of waiting for you to understand me, I'll do my best to understand you.  
Instead of waiting for you to love me, I'll show my love for you.

### **CHORUS**

Where there is hatred, I'll bring love; we can settle things by talking, you'll see.  
Where there is sadness, I'll bring joy; I'll help you to smile again.  
Where there's been harm done, I'll ease the pain, and help the forgiving begin.

3. I rejoice when you feel glad, I'm concerned when you feel sad.  
I'll do my best to care for you, and welcome your caring for me; for treating  
Others with care and respect for their rights is the only way we'll live in peace.

### **CHORUS**

Where there is hatred, I'll bring love; we can settle things by talking, you'll see.  
Where there is sadness, I'll bring joy; I'll help you to smile again.  
Where there's been harm done, I'll ease the pain, and help the forgiving begin...  
and help the forgiving begin...

Dedicated to the memory of Valentine Marie Williams

Words and Music © 1996 by Linda K. Williams

Lead Singer Linda K. Williams [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) [CaringandCapableKids.com](http://CaringandCapableKids.com) <https://caringandcapablekids.com/>

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## ♪ 2. ANOTHER WORD FOR "PEOPLE" (2:00) ♪

[https://www.youtube.com/watch?v=kuzET4nd9d0&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=2](https://www.youtube.com/watch?v=kuzET4nd9d0&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=2)

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### Think and Share Invitations

- \* Think and share about how labels are very helpful on cans in the grocery store ---  
AND how labels can be very harmful when they are applied to people.
- \* What can you do if you hear someone using a harmful label for a person or group of people?
- \* What are some things all human beings have in common?

#### **PERFORMANCE SUGGESTION:**

**For each verse, have a singer hold a face-covering label up until the word "People" is sung;  
the label will then be removed, revealing the singer's face.**

#### **PLEASE NOTE:**

- ~ This song is a "zipper" song; i.e., the short verse is to be repeated numerous times, using any of a large variety of nouns to be inserted into the two blanks.
- ~ The nouns---names of different groups or categories of people---can be decided in advance, or spontaneously suggested by the singers.

**"ZIPPER VERSE":** \_\_\_\_\_ \* is just another word for PEOPLE,  
\_\_\_\_\_ \*\* is just another word for PEOPLE;

**REFRAIN:** We're much more alike than the labels make it seem,  
And we all call this earth our home.

1. AMERICANS\* is just another word for PEOPLE,  
IRAQUIS\*\* is just another word for PEOPLE, **(and/ or any other nationalities)**  
**REFRAIN:** We're much more alike than the labels make it seem, And we all call this earth our home.
2. CHRISTIANS\* is just another word for PEOPLE,  
MUSLIMS\*\* is just another word for PEOPLE, **(and/ or any other religious groups)**  
**REFRAIN:** We're much more alike than the labels make it seem, And we all call this earth our home.
3. BLACKS\* is just another word for PEOPLE,  
WHITES\*\* is just another word for PEOPLE, **(and/ or any other ethnic groups)**  
**REFRAIN:** We're much more alike than the labels make it seem, And we all call this earth our home.
4. IMMIGRANTS\* is just another word for PEOPLE,  
HOMELESS\*\* is just another word for PEOPLE, **(and/ or any other groups which students hear/read about often in the news which are likely "faceless masses" in their minds)**  
**REFRAIN:** We're much more alike than the labels make it seem, And we all call this earth our home.
5. DOCTORS\* is just another word for PEOPLE,  
WAITERS\*\* is just another word for PEOPLE, **(and/ or any other 2 occupations)**  
**REFRAIN:** We're much more alike than the labels make it seem, And we all call this earth our home.
6. PARENTS\* is just another word for PEOPLE,  
CHILDREN\*\* is just another word for PEOPLE, **(and/ or any other 2 age groups/family role groups)**  
**REFRAIN:** We're much more alike than the labels make it seem, And we all call this earth our home.
7. ENEMIES is just another word for PEOPLE,---yes, ENEMIES is just another word for PEOPLE!  
**REFRAIN:** We're much more alike than the labels make it seem, And we all call this earth our home.  
Yes, we all call this earth our home.

© 1996 by Linda Kay Williams Lead Singer Linda K. Williams / Editor Aaron Kurtz

Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

**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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### ♪ 3. NO ONE IS A NOBODY (2:42) ♪

[https://www.youtube.com/watch?v=KLgDt5Nf9Zk&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=3](https://www.youtube.com/watch?v=KLgDt5Nf9Zk&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=3)

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

- \* Think and share about the ways in which we might treat other people differently if we imagined each person with a sign on them or above their head saying "This person is special/important!"
- \* Think and share about how you feel when someone -- including yourself -- tells you that you are special/important.
- \* What makes you unique, and what are some of your positive qualities?

1.

I'm lovable and capable and I know that you are, too.

I'm unique; there's only one me.

You're unique; there's only one you. In fact...

#### **CHORUS:**

No one is a nobody. Each person's important, you see.

Each one has rights and feelings and dreams;

What happens to you will change other lives, too.

No one is a nobody. Each person's important, you see.

Each one I meet as I walk down the street is just as special as I am.

2.

Sometimes I don't feel too lovable, or very capable, either.

Then someone comes along and shows me that they care.

It reminds me that I do matter after all.

It's true that...

#### **CHORUS:**

No one is a nobody. Each person's important, you see.

Each one has rights and feelings and dreams;

What happens to you will change other lives, too.

No one is a nobody. Each person's important, you see.

Each one I meet as I walk down the street is just as special as I am.

3.

Other times I forget about your rights,

And that you have feelings, too.

And the world doesn't spin for just me, it's true.

If I care for myself, I'll care for you. Because...

#### **CHORUS:**

No one is a nobody. Each person's important, you see.

Each one has rights and feelings and dreams;

What happens to you will change other lives, too.

No one is a nobody. Each person's important, you see.

Each one I meet as I walk down the street

is just as special as I am. (repeat last line and fade)

Words and Music © 1986 by Linda Kay Williams Lead Singer and Producer Andy Murray [AndyandTerry@icloud.com](mailto:AndyandTerry@icloud.com)  
[Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) [CaringandCapableKids.com](http://CaringandCapableKids.com) <https://caringandcapablekids.com/>

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## ♪ 4. RIPPLES AND STARFISH (3:52) ♪

[https://www.youtube.com/watch?v=kvfqDuO9zyE&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=4](https://www.youtube.com/watch?v=kvfqDuO9zyE&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=4)

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### Think and Share Invitations

- \* Think and share about the difference/s you would like to help make in our world.
- \* How would you start to make that difference, trusting that each act of caring and kindness will make a difference?
- \* Have you seen someone's actions create a ripple effect/a chain of events?

#### REFRAIN:

Like ripples and starfish, ripples and starfish, I know that  
one by one, our words and deeds can build a better world!

1

When one of Gandhi's followers felt his efforts made no difference at all  
Gandhi said to him, "Your words and actions matter, whether large or small."  
"You need to choose them with great care. They're like pebbles that you cast into a pond.  
The ripples will take care of themselves, I've found."

#### REFRAIN:

Like ripples and starfish, ripples and starfish, I know that  
one by one, our words and deeds can build a better world!

2

The man on the beach was working earnestly to throw the stranded starfish back into the sea.  
When someone laughed at him and said, "You'll never save them all, don't you see?"  
This bothered him not; he continued on, and threw another one to safety.  
His answer was, "Well, I made a difference to that one, certainly."

#### REFRAIN:

Like ripples and starfish, ripples and starfish, I know that  
one by one, our words and deeds can build a better world!

3

So instead of cursing the darkness, I'll light a candle to brighten the way.  
When others see my flickering flame, surely many will add a shining ray.  
So though the task may seem without end, we'll start to make a difference today;  
We know not where our ripples will end, but we'll send them on their way.

#### FINAL, MODIFIED REFRAIN

Like ripples and starfish, ripples and starfish, I know that  
one by one, if we lend a hand---  
one by one, if we take a stand---  
yes, one by one, our words and deeds  
can build a better world ... build a better world!

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Composer and Lyricist Linda K. Williams / Lead Singer Linda K. Williams

#### YouTube link for album

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

[https://www.youtube.com/watch?v=rrTy2W6Msgq&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=5](https://www.youtube.com/watch?v=rrTy2W6Msgq&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=5)

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### 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

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

- ✓ **For 7 of the Most-Requested Songs, Think and Share Invitations, and Bonus Resources, please follow this link:**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-11-ell-songs-and-or-younger-students-from-caring-and-capable-kids-4-albums.pdf>
- ◆ **For 11 Songs and Bonus Resources for English Language Learners -- and/or Younger Students**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-11-ell-songs-and-or-younger-students-from-caring-and-capable-kids-4-albums.pdf>
- ☆ **For Bonus Resources for Dealing with Feelings**  
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-11-dealing-with-feelings-bonus-resources-greatly-expanded.pdf>
- Ⓞ **For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World**  
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### 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://caringandcapablekids.com/2021/05/16/if-youre-angry-formats-to-illustrate-and-add-verses/>

- 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 CaringandCapableKids.com <https://caringandcapablekids.com/>

Lead Singer and Producer Andy Murray AndyandTerryMusic@icloud.com

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

## ♪ 7. I CAN SAY "NO" WHEN I WANT TO (2:43) ♪

[https://www.youtube.com/watch?v=hZppy3ZEtrs&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=7](https://www.youtube.com/watch?v=hZppy3ZEtrs&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=7)

### Think and Share Invitations

PLEASE NOTE: Tell students to NOT use names of others as they share these experiences.

- \* Think and share about a time when you said "No!" for your own good, and how you felt about doing that.
- \* Think and share about a time when you wish you had said "No!" but were swayed by peer pressure.
- \* How do you feel about saying no?

#### **REFRAIN:**

I can say "No" when I want to,  
I can say "No" when I think I should.  
I can say "No" when I want to,  
I can say "No" when it's for my own good.

1.

Yeah, my friends may laugh and call me names, But it's my life, not theirs, I claim,  
I'll say "No" when I want to, I'll say "No" when I think I should! **REFRAIN**

2.

If "everybody"'s doing it, just the same, that doesn't mean I've got to play their game,  
I'll say "No" when I want to, I'll say "No" when I think I should! **REFRAIN**

3.

I want them all to like me, that's for sure, being true to myself has got to be worth more.  
I'll say "No" when I want to, I'll say "No" when I think I should! **REFRAIN**

4.

If I don't like where they're leading, I won't follow like a lamb;  
I'll make my own decisions and stand by them,  
and say "No" when I want to, I'll say "No" when I think I should!

5

I can say "No"---"Nah"---when I want to.  
I can say "Hunh-uh" when I think I should.  
I can say "No-o-o way!"  
I can say "Unh!"---It's for my own good.  
If I don't like where they're leading, I won't follow...  
I'll just make my own decisions,  
And say "No" when I want to,  
I'll say "No" when I think I should.

6.

I can say "No-o-o way!"  
I can say "Unh-uh,"  
I can say "Unh---No!"  
I can say "Mmmmh-mm!"  
If I don't like where they're leading, I won't follow...  
I'll make my own decisions  
And say "No"---"Uh, unh-uh"---when I want to,  
I'll say "No" when I think I should.

Copyright 1984 by Linda Kay Williams

Linda.BetterWorld@gmail.com [CaringandCapableKids.com](http://CaringandCapableKids.com) <https://caringandcapablekids.com/>

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

#### YouTube link for album

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## ♪ 8. WHAT SHOULD I DO? (3:03) ♪

[https://www.youtube.com/watch?v=msUXYQLZZ8k&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=8](https://www.youtube.com/watch?v=msUXYQLZZ8k&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=8)

### Think and Share Invitations

- \* Think and share about a time when you made a tough decision about how to use your time or money, or which friends to choose --- or something else important to you.
- \* How did you feel about making that choice, and how did it work out?
- \* How do you go about making your best decisions?
- \* How helpful do you believe it might be to use the ideas in the song for any decisions you need to make in the future?  
~ considering options ~ pro's and con's ~ "two heads can be better than one"

#### **A.**

What should I do? Oh, what should I do?  
There are so many choices, and consequences, too!  
What to do with my money, how to spend my time,  
who to choose as my friends---oh, which choice should be mine?

#### **B.**

I had so many decisions, I didn't know how I could cope;  
Then I learned some steps that cleared my head and really gave me some hope.  
So every problem that's bugging me, I'll tackle it "1-2-3"---  
I'll have some others think it through with me; two heads can be better than one, you see!

#### (Spoken) **"1ST STEP: OPTIONS!"**

Well, what is the problem and what are my options?  
Brainstorming gives me "umpteen" possible solutions!  
Got to step back, look at it inside-outside-upside-down!  
People with experience can help take away my frown.

#### (Spoken) **"2ND STEP: WHAT IF'S!"**

For each possible solution that I'd seriously consider,  
I'll picture in my mind what would happen if I did it;  
What are all the pro's and con's of the options I have found?  
If the list's a long one, I might even write it down!

#### (Spoken) **"3RD STEP: ACTION!"**

After lots of careful thinking, now I'm ready to make a choice.  
The responsibility's scary, but I'm glad I had a voice.  
So, with everything considered, I will choose the "best" solution,  
hope I've chosen wisely, and then put it into motion.

#### **C.**

So, now...I know what to do, yes, I know what to do,  
though there are so many choices, and consequences, too.  
And now I know how to think it through.  
I might make a mistake or two,  
But that's okay; the best of us do.  
And now that I've decided what to do, I feel a lot better.

Copyright 1987 by Linda Kay Williams Composer and Lyricist Linda K. Williams  
[Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) [CaringandCapableKids.com](http://CaringandCapableKids.com) <https://caringandcapablekids.com>  
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## ♪ 9. THE CHILDREN OF TOMORROW (5:36) ♪

[https://www.youtube.com/watch?v=8GskizNVqCU&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=9](https://www.youtube.com/watch?v=8GskizNVqCU&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=9)

### ♥ For **Bonus Resources for Promoting Empathy and Compassion**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-empathy-compassion-bonus-ress.pdf>

### **Think and Share Invitations**

- \* Think and share about the feelings you experienced when you learned that, in the past, slavery was so widely accepted by so many people
- \* In addition to slavery, war needlessly wastes so many precious lives. Take a moment to picture a world without war, where children in the future would find it hard to believe that "people even tried to kill each other just because they disagreed." Think and share about what you see in your mental picture of a world without war.
- \* Think and share about what each of us can do to help move towards making that vision a reality -- perhaps helping people learn how to manage disagreements in a healthy, peaceful way, and creating peace and justice in other ways.

PLEASE NOTE: Teacher / parent discretion is advised regarding whether or not to use this song as a springboard for awareness of and even possible action regarding present day human trafficking/ slavery. Numerous organizations and resources exist for those who choose to do so.

### **CHORUS**

Oh, may the children of tomorrow be as shocked to learn of war as the children of today are shocked by slavery!  
And may they ask in horror and disbelief, "Do you mean that, in the past,  
people even tried to kill each other, just because they disagreed? That's hard to believe!"

1       The children were puzzled; they just couldn't understand  
          this thing of the past called SLAVERY, which now is banned.  
          They asked, "How could anyone do that to another human being?  
          Wasn't treating other people that way against the law? Did they really not see?"  
          Came the answer, "Yes, it's hard to understand now  
          how SLAVERY could be so accepted in the years gone by,  
          when so many precious lives were wasted needlessly,  
          But, as years went by, more and more people asked, 'Why?'"  
  
          "They pictured a world without SLAVERY and asked, 'Why not?'  
          Others called them 'dreamers' saying, 'It's always been this way;  
          it's the natural order of things--- it's the best way we've got.'  
          Well, we know much better than that now, wouldn't you say?"  
          "Yes, many years ago SLAVERY was invented by human beings;  
          it became a better world when humankind from SLAV'RY finally set itself free."  
          In the not-too-distant future, may people be able to say...

2       The children were puzzled; they just couldn't understand  
          this thing of the past called WAR, which now is banned.  
          They asked, "How could anyone do that to another human being?  
          Wasn't treating other people that way against the law? Did they really not see?"  
          Came the answer, "Yes, it's hard to understand now  
          how WAR could be so accepted in the years gone by,  
          when so many precious lives were wasted needlessly,  
          But, as years went by, more and more people asked, 'Why?'"  
  
          "They pictured a world without WAR and asked, 'Why not?'  
          Others called them 'dreamers' saying, 'It's always been this way;  
          it's the natural order of things---it's the best way we've got.'  
          Well, we know much better than that now, wouldn't you say?"  
          "Yes, many years ago WAR was invented by human beings;  
          it became a better world when humankind from WAR finally set itself free."  
          And as we work towards that day in the future, let's join together and say...

**CHORUS** (see above)

then **REPEAT CHORUS** WITH HIGHER TUNE and repeat last line (and fade), "That's hard to believe!"

© 1996 by Linda K. Williams   Lead Singer Linda K. Williams   Linda.BetterWorld@gmail.com   <https://caringandcapablekids.com/>  
**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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## ♪ 10. 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](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](https://www.youtube.com/watch?v=5_7Wik2gPfE)

✓ **For 7 of the Most-Requested Songs, Think and Share Invitations, and Bonus Resources, please follow this link:**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-7-of-the-most-requested-songs.pdf>

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☯ **For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World**

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### **Think and Share Invitations**

- \* Without using any names, think and share about a time when someone's words or actions resulted in your thinking, "What's wrong with him/ her?"
- \* Now, see if you can picture them in your mind and wonder out loud about what might have happened to them --- what they may have seen / heard / felt that caused **trauma** in their lives. That's what we call "looking at a person through a **trauma-informed lens**."
- \* Think and share about a time you treated yourself with "self-compassion" -- that is, to treat yourself as you would treat a good friend who is going through a hard time.
- \* Think of 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 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>  
**Bonus Resource:** Synonyms for Harm/ Trauma: **Classroom Mini-Posters**  
<https://lkwbetterworld.files.wordpress.com/2017/06/synonyms-for-harm-trauma-mini-poster-for-class2.pdf>

1

When you look at me, please remember to keep in mind  
that you don't know what you don't know about me... what's happened to me.

2

You haven't seen what my eyes have seen, you haven't heard what my ears have heard,  
you haven't felt what my body and soul have felt so deeply.

3

Looking with eyes of compassion, listening with open heart and mind,  
can help healing, hope, and resilience take root and grow.

4

Thank you for wondering what's happened to me instead of asking, "What's wrong with you?"  
Thank you for helping me process my pain and move towards joy... move towards joy.

Lyrics © 2019 by Linda K. Williams Tune: "Hey, Ho, Anybody Home?" (Traditional)

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I wish to express my profound appreciation to the **San Diego Trauma Informed Guide Team**

for their role in embracing and sharing this song. <https://www.acesconnection.com/>

And, I especially want to thank **Ms. Dana Brown**, Organizational Liaison, ACEs Connection and ACEs Science Statewide Facilitator, Learn4Life, for her beautiful idea of adding a 4th verse incorporating gratitude.

For related resources, please visit my website <http://www.CaringandCapableKids.com/> for many free downloadable resources offered, and also **Compassionate Comprehension with the Common Core**

<https://lkwbetterworld.files.wordpress.com/2017/07/7-9-17-revisions-cc-cc-8-p-master-doc.pdf>

to support Social Emotional Intelligence, and the development of a Trauma-Informed Lens.

**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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♪ 11. **OJOS DE COMPASION: UNA CANCION DE VISION INFORMADA POR TRAUMA** (1:36) ♪

[https://www.youtube.com/watch?v=kl1B1FJir2c&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=11](https://www.youtube.com/watch?v=kl1B1FJir2c&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=11)

(In English: "Eyes of Compassion" -- A Trauma-Informed Lens Song)

♥ **For Bonus Resources for Promoting Empathy and Compassion**

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**Recurso Extra:** Los invito a disfrutar esta poderosa presentación en YouTube creado por Cara Clancy (las palabras están en la pantalla):

<https://www.acesconnection.com/g/san-diego-county-aces-connection-group/resource/495874448839928320>

**Invitaciones a Pensar y Compartir**

- \* Sin usar el nombre de otra persona, piensen y compartan acerca de alguna vez cuando las palabras o acciones de otra persona resultaron en que te preguntaras, "¿Cuál es su problema?"
- \* Ahora, a ver si puedes imaginar a esta persona en tu mente, y preguntarte en voz alta acerca de lo que pudo haberle pasado -- qué podría ser lo que tal vez ha visto, ha oído, y lo que ha sentido que causó trauma en su vida. Eso es lo que llamamos "usar Visión Informada por Trauma."
- \* Piensen y compartan acerca de alguna vez cuando te trataste con autocompasión -- es decir, con amabilidad hacia ti mismo: tratarte a tí mismo como lo haría con un buen amigo que está pasando por un momento difícil.
- \* Piensen en algún tiempo cuando había algún tipo de trauma en tu vida, y te alegraste mucho cuando alguien te trató con paciencia y comprensión, y te dejó alguien saber que eres importante para ellos, te brindan apoyo, y te ayudaron a crear resiliencia.

1

Cuando usted me mira a mí, favor de acordarse de tener en cuenta que usted no sabe lo que no sabe acerca de mí... lo que me ha pasado a mí.

2

Usted no ha visto lo que mis ojos sí. Usted no ha oído lo que mis oídos sí. Usted no ha sentido lo que mi cuerpo y alma han sentido tan profundamente.

3

Mirando con ojos de compasión, escuchando con su corazón y mente abiertos me puede ayudar a empezar a sanar, tener esperanza y resiliencia.

4

Gracias por interesarse en lo que me ha pasado a mí en vez de preguntarme, "¿Cuál es tu problema?" Gracias por ayudarme a procesar mi dolor y alegrarme poco a poco... y alegrarme poco a poco.

© 2019 por Linda K. Williams Tonada: "Hey, Ho, Anybody Home?" (Tradicional)

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Espero que pronto esta canción pueda estar grabada por alguien cuyo español es mucho mejor que el mío. Si tiene interés en hacerlo, favor de contactarme. ¡Gracias!

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**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)

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