

## ♪ **LITTLE BITS OF BEAUTY (5:30)** ♪

[https://www.youtube.com/watch?v=7RM54eB0GNs&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4&index=11](https://www.youtube.com/watch?v=7RM54eB0GNs&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4&index=11)

Song #11 on album *Caring and Capable Kids, Vol. 3: Drug-Free -- That's Me!*

**YouTube link for album**

[https://www.youtube.com/watch?v=KHAFJQ2yYr4&list=OLAK5uy\\_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4](https://www.youtube.com/watch?v=KHAFJQ2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4)

**Amazon.com link for album**

[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)

### **Think and Share Invitations**

**Suggested introduction:** As a step in "noticing and appreciating little bits of beauty," try looking closely at about a square inch of any surface -- your pants' leg, your desk or table, the floor, anything outdoors -- leaves, bark, the soil, the sidewalk -- and discover what you may have never noticed before. It might help to use your hands -- or a square "window" cut into a piece of paper -- to frame that small space to really observe it carefully.

- \* Think and share about how it can make our lives better and bring us more joy, delight, and happy surprises when we do take the time to notice and appreciate little bits of beauty around us throughout our day.
- \* What did you notice for the first time about the textures, colors, details and patterns, sounds, and fragrances around you?
- \* Think and share about how you can "keep all your senses live"--- and what your favorites are ... to smell, to taste, to touch, to hear, to see.
- \* Where all do you find little bits of beauty in your life?
- \* Think and share about how noticing and appreciating little bits of beauty can help boredom be a stranger -- that is, to keep you from ever being bored.
- \* Think and share about how noticing and appreciating others' little acts of kindness can help enrich the lives of others, as well as our own.
- \* In what ways do you think that making this a habit could help people avoid looking for entertainment/excitement/ "flashy thrills" in ways that could be harmful (for example, drugs)?

1

I see little bits of beauty everywhere I chance to rest my eyes.  
All the wonders that surround me never cease to delight and surprise me.  
I don't need flashy thrills or big things to impress or entertain me all the time.  
When I notice and appreciate the beauty all around me, I do fine.

**REFRAIN:** Notice and appreciate little bits of beauty ... notice and appreciate...ooh-ooh.

2

I used to take so many things for granted when I looked but did not see.  
Now boredom is a stranger; I observe my surroundings carefully.  
I see sparkles in the sidewalk, many colors in the bark on a tree---  
So many fascinating details and patterns and textures to see. **REFRAIN**

3

There're so many joys and pleasures that don't jump out to razzle-dazzle me.  
I've found that beauty of all kinds is waiting quietly for my discovery.  
Keeping all my senses live I now enjoy what I used to just ignore.  
I love to hear the chirp of crickets, smell the rain, taste a berry, touch a leaf---and so much more. **REFRAIN**

4

When I look into your eyes I see the beauty of the spirit that's in you;  
and I notice and appreciate your little acts of kindness, too.  
Yes, there's beauty in all people that has nothing to do with what meets the eye;  
Now I look for it and celebrate the qualities each one has inside. **REFRAIN**

**REPEAT VERSE 1, & VARY THE LAST LINE, AS FOLLOWS:)**

When I notice and appreciate...notice and appreciate...  
notice and appreciate the beauty all around me, I do fine.

**REFRAIN** (the tune of last "ooh-ooh" varies, as in the recording)