



Songs and Resources for Social Emotional Learning, Music Therapy, and developing Resilience, Empathy, and a Trauma-Informed Lens

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1. [Connected, Unique, and Powerful](#) (2:22)
2. [I've Got to Love Myself Enough](#) (3:23)
3. [You'll Really Like Me](#) (1:20)
4. [I'll Picture Myself Succeeding](#) (2:39)
5. [It's OK to Feel](#) (2:14) + Bonus Resources
6. [I've Got to Talk to Them](#) (3:01)
7. [I'll Stand Up for Myself](#) (2:06)
8. [I'll Listen](#) (2:56)
9. [It's Us Against the Problem, Not Me Against You](#) (2:46)
10. [Cooperative Learning Song](#) (1:36)
11. [The First One to Know](#) (1:51)
12. [What if That Were Me?](#) (1:48)
13. [Tony and I](#) (3:29)
14. [One Person at a Time](#) (2:56)

Caring and Capable Kids, Vol. 2

"Think and Share Invitations" for each song

-- written by Linda K. Williams with [Brianda Vargas](#) --
 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

Individual YouTube links for each song provided below.

Links to the Full Album

YouTube:

https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

Amazon.com:

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

For 202 p. Caring and Capable Kids book, please contact:

INNERCHOICE Publishing

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

For more songs 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

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

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. 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

Forthcoming / Available (which word?) 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

DRAFT DOCUMENT 11-28-20

♪ 1. **CONNECTED, UNIQUE, AND POWERFUL (2:22)** ♪

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)

Words and music copyright 1990 by Linda K. Williams.
Linda.BetterWorld@gmail.com BetterWorld-Resources.com

Composer and Lyricist Linda K. Williams, 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

YouTube link for album

https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

Amazon.com link for album

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♪ 2. I'VE GOT TO LOVE MYSELF ENOUGH 3:23 ♪

https://www.youtube.com/watch?v=EfGXd1xL988&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=2

Think and Share Invitations

- * Think and share about a time when you made a mistake, including how you dealt with and learned from your mistake.
- * Think and share about a time when you may have helped someone else move past a mistake they made, by helping them forgive themselves.
- * How do you express your love for yourself?
- * Why is self-love important?

CHORUS

I've got to love myself enough to say, "That's OK!
I thought I blew it today, but I'll bounce back and learn from my mistakes.
Since I'll keep on aiming high, I know I'll get there by and by.
In the meantime, I'll love myself today.
In the meantime, I'll love myself today!"

(1)

Some people go through life always putting themselves down,
believing that their best just isn't good enough,
That's a shame, 'cause kicking yourself takes such a lot of energy;
Why not use that energy to move you towards your goal?
Use that energy to move towards your goal!

CHORUS

(2)

No one's perfect; we all sometimes fall short of our goals.
Just find the gift that's there, and the lesson to be learned.
So pick yourself up and dust yourself off
and pat yourself on the back for things you've done that turned out fine;
yeah, so many things you've done that turned out fine!

CHORUS

(3)

I've got to love and accept myself just as I am,
with my strengths and my weaknesses and all;
'cause before I can love and accept another person,
I've got to start with myself; yeah, I've got to start with myself.

FINAL CHORUS

I've got to love myself enough to say, "That's OK!
I thought I blew it today, but I'll bounce back and learn from my mistakes.
Since I'll keep on aiming high, I know I'll get there by and by.
In the meantime, I'll love myself today.
In the meantime, I'll love myself today!"
In the meantime, I'll love myself today!"
In the meantime, I'll love myself today!"

Lyrics by Linda K. Williams with Patricia Mikkelson
Dedicated to Kenosha Burgess and Latasha Jackson (former students of Linda's)
Words and music copyright 1990 by Linda K. Williams
Composer and Lyricist Linda K. Williams, Lead Singer and Producer Patricia Mikkelson
Linda.BetterWorld@gmail.com BetterWorld-Resources.com

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♪ 3. **YOU'LL REALLY LIKE ME (1:20)** ♪

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 gonna 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 gonna 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

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♪ 4. I'LL PICTURE MYSELF SUCCEEDING (2:39) ♪

https://www.youtube.com/watch?v=pt4Hrum2VCc&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=4

Think and Share Invitations

- * What does success look like to you? Think and share about something at which you very much want to succeed ... something you want to be able to do or achieve... a goal which is important to you.
- * Next, create in your mind a video, seeing yourself moving towards your goal -- or goals -- and, finally, having success, and celebrating. You may wish to close your eyes as you run the video through your mind.
- * Afterwards, share what you've been seeing in your video.

PLEASE NOTE: *There is a wealth of information available online regarding how powerful it can be for anyone to **picture themselves succeeding** and how students, workers, professional athletes, musicians, and other performers have done so with impressive results. This is also called "**visualization**," "**dynamic imaging**," and "**imagined practice**."*

CHORUS x2 I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

(1)

Whatever the goal I want to reach,
I'll clearly see myself succeeding in my mind.
That helps me focus my energy on getting there
so what I picture can come true in time.

CHORUS I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

(2)

When a problem comes up for me to solve
I'll get in touch with my emotions and my dreams
I'll turn my feelings into helpful words,
If we connect with each other, our success rate will be higher, and...

CHORUS I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

(INSTRUMENTAL: Use this time to picture yourself being successful at something that is important to you)

CHORUS I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.
And then, in everything I do, all my best can come shining through.

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♪ 5. IT'S OK TO FEEL (2:14) ♪

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

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

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

Think and Share Invitations

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

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

* Where in your body do you feel the emotions in the song? (angry, sad, scared, jealous)

* What are some healthy ways to dealing with uncomfortable feelings?

PLEASE NOTE: Lyrics in parentheses are sung by a second singer.

1

It's OK... (Yes, it's all right.)
to feel angry,... (Y'know, I get so mad!)
And it's OK... (Don'tcha know, it's all right!)
to feel sad. (You can cry---it may help.)
And it's OK.. (And really normal, too...)
to feel scared, or jealous, or blue,
But it's not OK to hurt someone
because of how you feel!
 No, it's not OK... (No, it's never OK!)
 to hurt someone... (Use your self-control!)
 because of how you feel!

2

When I used to feel... (like we all often do)
uncomfortable feelings, (like anger or fear)
I tried to pretend... ('Cause those feelings scared me!)
that everything was just fine; (but it wasn't---not at all)
But then I found... (with my tummy tied in knots)
I took it out on family and friends!
So now I take that anger and turn it into energy to do someone some good!
Now I take that anger and turn it into energy to do someone some good!

3

Some people may say, (Yes, some may say...)
"Oh, don't be angry." ("Don't get so mad!")
And some may say, (They may also say...)
"Oh, you mustn't be sad." ("Keep those tears inside!")
I've heard others say, (And others may say...)
"You shouldn't be scared or
jealous---what's wrong with you?"
 But my feelings are mine, I've got a right to feel 'em,
 And I can't just wish them away.
 Yes, my feelings are mine, I've got a right to feel 'em,
 And I can't just wish them away.

REPEAT VERSE 1, BEGINNING WITH "Yes..."

Words and music copyright 1990 by Linda K. Williams Linda.BetterWorld@gmail.com BetterWorld-Resources.com

Dedicated by LKW to Alta Bantz, who respected and validated my feelings. Thanks! --- Lead Singer and Producer Patricia Mikkelsen

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♪ 6. **I'VE GOT TO TALK TO THEM (3:01)** ♪

https://www.youtube.com/watch?v=7FgvbI9ZKA4&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=6

Think and Share Invitations

- * Think and share about a time when you and another person had a conflict that involved hurt feelings, and perhaps a misunderstanding.
- * Please share about how talking about it, sharing feelings, and careful listening resolved the problem, or at least managed the conflict in helpful way.
- * Why do you think it is important to talk about your problems, and what people in your life help you do that?

CHORUS:

I've got to talk to them,
 talk about it,
 talk, talk, talk.
It's amazing what talking can do!

(sing CHORUS 3 more times)

(1)
When someone says or does something I don't like,
I've got to talk to them about it; not get into a fight.
So I'll say, "Please don't...!" and tell them how I feel.
I may find they didn't do what I thought they did, for real.

CHORUS (SUNG 4 TIMES)

(2)
When a problem with someone has got me feeling mad,
I won't bottle up my anger or explode with no control,
I won't take it out on others---that's just as bad.
So what could I do? Well, I've found it's often true...

CHORUS (SUNG 4 TIMES)

(3)
One great way to resolve a conflict, I have seen
Is when I share what I feel and how I think,
And I'm willing to listen to the other side.
Fighting makes a problem larger; talking cuts it down to size!

CHORUS (SUNG 4 TIMES)

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♪ 7. **I'LL STAND UP FOR MYSELF (2:06)** ♪

https://www.youtube.com/watch?v=fgJajBy_pnQ&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=7

Think and Share Invitations

- * Think and share about a time you needed to stand up for yourself and what you believe in, and how you managed to do that.
- * Consider sharing what you said, and what you did, and how you did it in a way that respected others, as well.
- * In what ways can you stand up for others, as well?
- * How does it feel to stand up for yourself and others?

(1)

Oh, I'll stand up for myself, and what I believe in,
I'll stand up for myself, and for my rights, too.
Yes, I'll stand up for myself, and what I believe in,
and I'll do it in a way that respects your rights, too.
DO-do-DO-do-DO-do-do-DO!

(2)

I can take charge of my life; that's one thing I believe in,
I can take charge of my life; it's my right to do.
I will take charge of my life---and I'll be glad that I did it!
It's not only my right, it's my responsibility, too.
DO-do-DO-do-DO-do-do-DO!

(3)

You can take charge of your life,
and stand up for what you believe in,
You can take charge of your life; it's your right to do.
You can take charge of your life---you'll be glad that you did it.
It's not only your right; it's your responsibility, too.
DO-do-DO-do-DO-do-do-DO!

(4)

So...we'll stand up for ourselves and what we believe in,
We'll stand up for ourselves and for our rights, too.
Yes, we'll stand up for ourselves and what we believe in,
and we'll do it in a way that respects others' rights, too.
DO-do-DO-do-DO-do-do-DO!

REPEAT FIRST VERSE

(1)

Oh, I'll stand up for myself, and what I believe in,
I'll stand up for myself, and for my rights, too.
Yes, I'll stand up for myself, and what I believe in,
and I'll do it in a way that respects your rights, too.
DO-do-DO-do-DO-do-do-DO!

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Lead Singer and Producer Patricia Mikkelson

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♪ 8. **I'LL LISTEN** (2:56) ♪

https://www.youtube.com/watch?v=uVpzIAiND8c&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=8

Think and Share Invitations

- * Think and share about a time when you really listened to someone, and you were able to "put yourself in their shoes" -- that is, really pay attention to what they were thinking and feeling, and what it was like for them.
- * How does it feel when someone listens to you in that way, doing their best to "put themselves in your shoes"?
- * How might that kind of listening "help bring peace to the earth"?
- * Why is it important to really listen to others and do your best to put yourself in their shoes?

1 When I notice you've done something that I don't like,
 and I tell you that it bugs me and we get into a fight,
 It can help if I take a deep breath
 and be willing to listen, instead of getting defensive.

CHORUS I'll listen...I'll listen; I'll tune in to your feelings and wants.
 I'll listen...I'll listen; I'll put myself in your shoes.

2 When I'm willing to stop and find out what's going on,
 Ask you about your feelings, and what is it you want,
 We'll often realize that we want the same thing
 It just didn't look so clear in the beginning.

CHORUS (I'll listen, I'll listen...)

3 After I've listened to what you've had to say,
 I'm wondering if you could listen in the same way.
 Just open your heart, and pick up your ears,
 And let me share my joys and my tears.

CHORUS (Oh, I'll listen...)

4 Will you refrain from giving me advice,
 Or telling me that everything will be all right?
 I have the answers right inside of me,
 And if you give a little time, I'm sure the answers will arrive.

CHORUS (I'll listen, I'll listen...)

5 When our communication is complete,
 We can help the world to find its peace,
 By realizing that we're all the same inside,
 We can let go of judgments that we often hide.

CHORUS VARIATION

Oh, let's all listen, yes, listen.
We'll tune into everyone's feelings and wants;
Let's listen, yes, listen; we'll help bring peace to the earth...
we'll help bring peace to the earth.

Words and music copyright 1990 by Patricia Mikkelson Lead Singer and Producer Patricia Mikkelson
Linda.BetterWorld@gmail.com *BetterWorld-Resources.com*

YouTube link for album https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

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♪ 9. **IT'S US AGAINST THE PROBLEM, NOT ME AGAINST YOU** (2:46) ♪

https://www.youtube.com/watch?v=oWN24KJ3J0A&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=9

Think and Share Invitations

- * Think and share about a time when you had a problem with someone, and you managed to work with them -- rather than against them.
- * Share which of the following have been helpful for you: ~ think it through, ~ talk it out, ~ share feelings, ~ work it out, ~ see it through, ~ agree to disagree (at least for a while).

1

It's us against the problem, not me against you.
It's us against the problem; let's see what we can do.
I'll "put myself in your shoes," you'll "try on my shoes," too.
With us against the problem, there's lots that we can do!

CHORUS (echo is in parentheses)

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

2

It may be that our problem got started by mistake.
Misunderstandings happen, and friendships they can break.
But when we talk it over, we'll find out what went wrong.
With us against the problem, we'll feel better before long.

CHORUS

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

3

Sometimes an unsolved problem can make us enemies;
We shouldn't let that happen, 'cause it hurts both you and me.
We've got so much in common, that I'm sure we can be friends.
With us against the problem, we can be friends, in the end!

SING CHORUS TWICE,

AND END SONG BY REPEATING THIS LINE:

Yes, maybe for a while we'll just agree to disagree!

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♪ 10. **COOPERATIVE LEARNING SONG** (1:36) ♪

https://www.youtube.com/watch?v=eS_JGb0r53q&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=10

Think and Share Invitations

Suggested introduction: People who haven't learned how to cooperate and work well with others are at risk of losing friends, losing jobs, and having a lot of sadness about those losses.

- * Think and share about how important it is to be able to work well with others, and when you have done so.
- * Think and share about which of these skills have been valuable for you as you work with a group to complete a task:
 - ~ learning from each other, ~ taking turns, ~ including everyone, ~ listening as each one speaks,
 - ~ praising and encouraging each other, ~making sure that each person has a job, ~finishing on time.
- * What are some benefits and challenges of working with others?

(1)

We'll learn to cooperate and cooperate to learn,
We'll learn to cooperate and cooperate to learn,
I'll learn from you and you'll learn from me.
It's fun and we'll learn more easily
When we learn to cooperate and cooperate to learn.

(2)

We'll take turns and include everyone,
and listen as each one speaks.
We'll take turns and include everyone,
and listen as each one speaks.
And we'll check as we work to make sure, too,
we're all tuned in to what our group will do,
Yes, we'll take turns and include everyone,
and listen as each one speaks.

(3)

We'll praise and encourage each other
as we work on the task at hand.
We'll praise and encourage each other
as we work on the task at hand.
We'll each have a job; we'll finish on time.
With everyone's help, our group will do fine,
We'll praise and encourage each other
as we work on the task at hand.

(REFRAIN)

Yes, we'll learn to cooperate and cooperate to learn.
We'll learn to cooperate and cooperate to learn.
We'll learn to cooperate and cooperate to learn.
We'll learn to cooperate and cooperate to learn.

Words and music copyright 1990 by Linda K. Williams
Linda.BetterWorld@gmail.com BetterWorld-Resources.com
Lead Singer and Producer Patricia Mikkelson

YouTube link for album https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E
Amazon.com link for album <https://www.amazon.com/Caring-Capable-Kids-Vol-2/dp/B08H4JH4M7>

♪ 11. THE FIRST ONE TO KNOW (1:51) ♪

https://www.youtube.com/watch?v=kCRHhXWM1eg&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=11

Think and Share Invitations

- * Think and share about what the word "conscience" means to you. (A definition of "conscience" = a sense of right and wrong and a feeling that what is right should be done.)
- * Think and share about how the Golden Rule applies to this part of the song: "If somebody else took something that was mine, funny how it's so easy to see that THAT would be a crime." (Golden Rule = Do to others what you would like them to do to you.)
- * Why is the Golden Rule important?

1 Would anybody care, would anybody see
 If I took a little something along with me
 That doesn't belong to me? Yes...

CHORUS Someone would know every move I make,
 And there's no mistake can be made for free.
 The first to know would really be somebody,
 'Cause the first to know would be me.

 Someone would know, someone would care
 If I took a little something somewhere, you see.
 The first to know would really be somebody,
 'Cause the first to know would be me.

2 If somebody else took something that were mine,
 Funny how it's so easy to see
 That THAT would be a crime. Yes...

CHORUS Someone would know every move I make,
 And there's no mistake can be made for free.
 The first to know would really be somebody,
 'Cause the first to know would be me.

 Someone would know, someone would care
 If I took a little something somewhere, you see.
 The first to know would really be somebody,
 'Cause the first to know would be me.

3 Speaking for myself, I don't want to be
 Doing something to somebody else
 I don't want done to me. Yes...

CHORUS Someone would know every move I make,
 And there's no mistake can be made for free.
 The first to know would really be somebody,
 'Cause the first to know would be me.

 Someone would know, someone would care
 If I took a little something somewhere, you see.
 The first to know would really be somebody,
 'Cause the first to know would be me.

copyright 1983 by Andy Murray AndyandTerry@icloud.com
Composer, Lyricist, and Producer Andy Murray Lead Singer Terry Murray Harmonies Andy Murray

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YouTube link for album https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E
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♪ 12. **WHAT IF THAT WERE ME? (1:48)** ♪

https://www.youtube.com/watch?v=TJL27VLP5w&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=12

Think and Share Invitations

- * Think and share about a time when you felt empathy for another person, and asked yourself, "What if that were me?" (A definition of "empathy" = the ability to sense other people's emotions, along with the ability to imagine what someone else might be thinking or feeling.)
- * Think and share about your reactions to this invitation: "Before you even think about judging someone, walk a mile in their shoes."
- * How have you experienced empathy?

What if that were me? What if that were me?
I wonder how it would be if that were me.

How would I feel? Would it be real?
How would I deal if everything were
***upside-down, turned around,
inside-out--- all switched about?***

What if that were me? What if that were me?

(Entire song repeats three times on the recording.)

Performance option: as in the recording, one or more voices can chant
***upside-down, turned around,
inside-out--- all switched about***
while other voices sing the song.

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♪ 13. **TONY AND I (3:29)** ♪

https://www.youtube.com/watch?v=V80EJyl-4Q&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=13

Think and Share Invitations

- * Think and share about a time when you may have thought about the huge difference between hurt and harm in real life, and hurt and harm on TV, in movies, or in video games -- especially game which give the players points for harming / killing a fiction character.
- * What might you say to a younger child who doesn't seem to understand the difference?
- * To what extent do you think that the violence you see on TV, in movies, and /or in games promotes violence, or makes real-life violence seem acceptable, and maybe even fun?

1. Tony and I used to play.
We used to take our guns and run away
To the wild West
About a block away.
All we made was make-believe.
Doing everything we could so we could leave
Law and order there
Out in the "Wild West."

CHORUS

All'e, all'e in free, no one has to die.
It won't hurt---we're just TV good guys.
All'e, all'e in free, go away and then
After the commercial we'll be back again.

2. Tony and I used to fly,
Laser blast and rocketship up in the sky
To a galaxy
About a block away.
We were the finest in flight.
Alien powers never kept us from the fight
To help all our friends
Out in the galaxy.

CHORUS

All'e, all'e in free, no one has to die.
It won't hurt---we're just TV good guys.
All'e, all'e in free, go away and then
After the commercial we'll be back again.

3. Tony and I used to play.
Playing was such a good way to be friends.
It was just pretend
About a block away.
But now my friend's been hurt,
Not like on the TV where the hurting ends
And the good guy wins.
That's just the way they play.

CHORUS

All'e, all'e in free, no one has to die.
It won't hurt---we're just TV good guys.
All'e, all'e in free, go away and then
After the commercial we'll be back again.

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♪ 14. One Person at a Time (2:56) ♪

https://www.youtube.com/watch?v=2kSzVhvBQjk&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=14

Think and Share Invitations

- * "Roll up your sleeves, sign on the dotted line" means to be ready to work, and to make a commitment to do it.
Think and share about a time when you "rolled up your sleeves and signed on the dotted line."
- * Think and share about a time when you felt great about being able to do even something small to help "do a lot of good."
- * When have you seen the work "getting multiplied" by others working together with you to work towards a goal?
- * What is something you would like to do to make a difference, and make an impact on people?

INTRO:

Well, the world's so big and I'm so small, it hardly seems I matter at all.

Sometimes I think I'd like to do something to help out with all the problems of the world,
but whenever I sit down and think it through, I always wonder, "What can one person do?"

1. "Well, what can one person do?" is a very good question
if you don't do anything at all.
You can spend your time saving every little dime
or just curled up by the wall.
But if you think back some over all that's been done
and you wonder who did it and where it came from,
Figure it out, without a doubt, one person at a time did it all.

One person at a time, it sure works fine,
Roll up your sleeves, sign on the dotted line.
Whatever gets done, is done by one,
One person at a time does it all, yeah!
One person at a time does it all.

2. "Well, what can one person do?" is a very good question
if you don't do anything at all.
You can stay in bed, and pull the covers overhead,
and wait for the sky to fall.
But if each one would just do what they could,
working one at a time we could do a lot of good.
Figure it out, without a doubt, one person at a time does it all.

One person at a time, it sure works fine,
Just pick up your load and get in line.
Whatever gets done is done by one,
One person at a time does it all, yeah!
One person at a time does it all.

3. "Well, what can one person do?" is a very good question
if you don't do anything at all.
You can soak in a tub or join a social club,
or just go shopping at the mall.
But if each one would work side by side,
with another one the work gets multiplied.
Figure it out, without a doubt, one person at a time does it all.

One person at a time, it sure works fine,
No use to wait around for a better time.
Whatever gets done, is done by one.
One person at a time does it all, yeah!
One person at a time does it all. (Repeat last line and fade.)

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