



**Songs and Resources for Learning,
Social Emotional Development,
Music Therapy, and
a Trauma-Informed Lens**

Linda.BetterWorld@gmail.com BetterWorld-Resources.com
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1. [Drug-Free...That's Me!](#) (3:02)
2. [There are So Many Ways to Say NO](#) (3:02)
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4. [Low-Down High](#) (2:45)
5. [Real Life Doesn't Have a Rewind Button](#) (3:02)
6. [Burnin' Up](#) (3:05)
7. [Drive Smart, Drive Sober](#) (4:12)
8. [Hot Brands](#) (3:06)
9. [I Deserve Better \(Gonna Get Unstuck\)](#) (5:01)
10. [Lemons into Lemonade](#) (2:54)
+ Bonus Resources
11. [Little Bits of Beauty](#) (5:30)

Caring and Capable Kids, Vol. 3: Drug-Free -- that's me!

"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/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4

[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

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. 2:**

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

Coming 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 11-26-20

♪ 1. DRUG-FREE -- THAT'S ME! (3:02) ♪

Think and Share Invitations

- * Think and share about what you believe are some reasons people use drugs?
- * What are alternatives to drugs?
- * Think and share about which of the following reasons to stay drug-free are most important to you, and why:
 - ~ My body and mind are much too special to wreck 'em with drugs,
 - ~ I'm destined for much better things,
 - ~ dope in the veins is a waste of life, a deadly dead-end street,
 - ~ I don't need powders or pills or potions to have a good time,
 - ~ I don't want drugs to dull my power to use my mind,
- * Think about and share your thoughts about these lines from the song lyrics:
 - ~ I don't need drugs to hide behind when I've got problems; I know how to solve 'em. I'll brainstorm my options and think 'em through -- take steps to get to my goal.
 - ~ Some people use drugs to escape from feelings that cause them pain; I'm gonna own my feelings, call 'em by name--- I'm gonna get 'em out and deal with them--- pound a pillow, write myself a letter, or talk it over with friends.

REFRAIN:

I love my life---that's why I'm drug-free!
I love my life---that's why I'm drug-free!
Drug-free...that's me---all right!
Drug-free...that's me---yeah! And what about YOU?

(1)

I'm glad I know how to lead a life that's drug-free!
I'm glad I know how to do what's really best for me!
I feel sad for drug users; they lose out on life! I choose to live my life drug-free!
And that means I'm a winner---'cause I'm drug-free, naturally!

REFRAIN

(2)

My body and mind are much too special to wreck 'em with drugs;
I wonder if the people who go for that maybe could use some more hugs.
We need hope in our brains, not dope in our veins! I'm destined for much better things;
but dope in the veins is a waste of life, a deadly dead-end street.

REFRAIN

(3)

I don't need powders or pills or potions to have a good time!
I don't want drugs to dull my power to use my mind.
And I don't need drugs to hide behind when I've got problems; I know how to solve 'em.
I'll brainstorm my options and think 'em through take steps to get to my goal.

REFRAIN

(4)

Some people use drugs to escape from feelings that cause them pain;
They may deny what they're feeling, and bottle 'em up again and again.
I'm gonna own my feelings, call 'em by name--- I'm gonna get 'em out and deal with them---
pound a pillow, write myself a letter, or talk it over with friends

FINAL REFRAIN:

I love my life---that's why I'm drug-free!
I love my life---that's why I'm drug-free!
Drug-free...that's me---all right!
Drug-free...that's me---yeah! And what about YOU?---
I love my life---that's why I'm drug-free!
I love my life---that's why I'm drug-free! And what about YOU?---(SPOKEN:) DRUG-FREE!

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Lead Singer and Producer Patricia Mikkelson*

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♪ 2. THERE ARE SO MANY WAYS TO SAY NO (3:02) ♪

Think and Share Invitations

- * Think and share about which of the reasons to say "NO!" to drugs are most important to you, and why:
 - ~ "I've got plans for my future not gonna let drugs mess them up!"
 - ~ "No, thanks; I value my brain!"
 - ~ "I may want healthy kids some day!"
 - ~ "I care about my body!"
- * Think and share about which of the ways to say "NO!" to drugs are most important to you, and why:
 - ~ "I've got better things to do,"
 - ~ "Drugs are just not my style"
 - ~ "I go for natural highs!"
 - ~ "Drugs don't fit in with the kind of life I want to live!"
- * What would you do -- or what have you done -- if or when someone offers you drugs?
- * Who is someone you can trust and tell if you were offered drugs?

(Words in parentheses are spoken.)

REFRAIN: Oh, there are so many ways to say "NO!" (TO DRUGS!)
and there are so many reasons to do so!

(1) "I've got better things to do,"
"Drugs are just not my style!"
"Why do you think they call it 'dope'?"
"I go for natural highs!"

REFRAIN (Yes...; 2nd refrain, no intro. word)

(2) "I've got plans for my future---
not gonna let drugs mess them up!"
"No, thanks; I value my brain!"
"I may want healthy kids some day!"

REFRAIN (2nd refrain, Oh...)

(3) "Oh, drugs don't fit in with the kind of life I want to live!"
"I care about my body!" "I'm too special for that junk!"

REFRAIN (1st refrain, no intro. word; 2nd refrain, "Oh...")

(4) I'm gonna say 'NO' to drugs and say 'YES' to life!
Say 'NO' to drugs and say 'YES' to life!
I've got what it takes to say "NO!"
(REPEAT ENTIRE SONG)

(verse 4 for the second time through the song:)
I'm gonna say 'NO' to drugs and say 'YES' to life!
Say 'NO' to drugs and say 'YES' to life!
I've got what it takes to say
got what it takes to say
got what it takes to say "NO!"

Oh, yes, I've got what it takes to say "NO!"---(YES, I DO!)
I've got what it takes to say "NO!"---(AND I CAN DO IT!)

SING LAST TWO LINES 4 MORE TIMES AND FADE OUT;
ON THE RECORDING, THE SPOKEN PORTION IS LEFT OUT THE LAST TIME.

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♪ 3. TO BE THE BEST ME (3:51) ♪

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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♫ 4. LOW-DOWN HIGH (2:45) ♫

Think and Share Invitations

- * Think and share about how you would define success.
- * What are some effects that drugs have on people's life?
- * What do you do when you're feeling down?
- * What do you do to boost your self esteem?
- * Using the condensed list below, or the actual lyrics, think and share about which of the following reasons for staying drug-free included in "Low-Down High" are the most important ones for you, and why they are most important -- or give your own answer:
 - ~ When they're high on drugs, people can act so low-down
 - ~ Drugs'll mess up your body and mess up your mind, and sooner or later you don't feel so fine!
 - ~ And when your mind and your body get all messed up you forget what's real and what isn't real---
But the harm that's done is there to stay, 'cause once you do it, it stays done; that sure isn't my idea of fun!
 - ~ The things people do when they've got that junk in 'em---They don't care about others or about themselves;
- * Using the condensed list below, or the actual lyrics, think and share about which of the following responses you may give someone who is encouraging you to try drugs: are the most important ones for you, and why they are most important or give your own:
 - ~ The "highs" I go for are high self-esteem, my high regard for you, high hopes for the future!
 - ~ I've got better things to do than waste my time messin' up my body and messin' up my mind!
 - ~ I'm too special for that kind of junk---you bet!
 - ~ I get my kicks out of livin', my highs out of life!

- (1) Why do they call it "high" on drugs, when the way people act is so low-down?
No, really...why do they call it "high" on drugs, when the way people act is so low-down?
No, tell me...why do they call it "high" on drugs, when the way people act is so low-down?
- (2) Well, the "highs" I go for are high self-esteem, my high regard for you, high hopes for the future!
Yeah! The "highs" I go for are high self-esteem, my high regard for you, high hopes for the future!
Yeah! The "highs" I go for are high self-esteem, my high regard for you, high hopes for the future!
- (3) I've got better things to do than waste my time messin' up my body and messin' up my mind!
Why should I waste my money and my time messin' up my body and messin' up my mind?
Don't try to waste my money and my time messin' up my body and messin' up my mind!
- (4) I'm too special for that kind of junk---you bet!
We're too special for that kind of junk---yeah!
You're too special for that kind of junk! Uh huh!
- (5) There are so many things in this wonderful world that capture my interest and spark my mind---
So many places to go, and people to know, so many things to do and see and learn and to experience!
Places to go, and people to know, so many things to do and see and learn and to experience!
- (6) I get my kicks out of livin', my highs out of life! We get our kicks out of livin', our highs out of life!
So get your kicks out of livin', your highs out of life!
- (7) It's like I said before,
drugs'll mess up your body and mess up your mind, and sooner or later you don't feel so fine!
And when your mind and your body get all messed up you forget what's real and what isn't real---
But the harm that's done is there to stay, 'cause once you do it, it stays done; that sure isn't my idea of fun!

And the things people do when they've got that junk in 'em---
They don't care about others or about themselves;
They forget what's real and what isn't real, but the harm that's done is there to stay,
'cause once you do it, it stays done; and that sure isn't my idea of fun!
- (8) Oh, why do they call it "high" on drugs, when the way people act is so low-down?
No, really...why do they call it "high" on drugs, when the way people act is so low-down?
No, really...why do they call it "high" on drugs, when the way people act is so looooooow-down?

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Lead Vocals and Producer Andy Murray AndyandTerry@icloud.com

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♪ 5. REAL LIFE DOESN'T HAVE A REWIND BUTTON (3:02) ♪

Think and Share Invitations

- * Think about the following ideas from the lyrics about how real-life choices and violence are totally different from games, TV, and other media. Which of these are the most important ideas for you, and why are they the most important?
 - ~ "Real life doesn't have a rewind button; You can't go back and erase what you have done."
 - ~ "Think before you act; you'll be so glad you did. Forever is a long, long time."
 - ~ Use brains, not brawn; use words---work it out; 'cause real violence really hurts.
(Brawn = physical strength in contrast to intelligence)
- * Violence in the media can make it seem like the quickest and easiest way to settle an argument --- and get what you want--- Is to do something violent to the other person. Think about that statement and share your thoughts and ideas.
- * Violence in the media -- and action films -- can make it seem like very dangerous, risky choices and stunts are actually safe. Think and talk about something you've seen a character do that you would never do, because you know you could get seriously hurt...
- * Think and share about an example of the statement, "A moment that you're weak can take a lifetime to pay for" as it applies to you, or someone else (without using their names).

CHORUS

Real life doesn't have a rewind button;
You can't go back and erase what you have done.
A moment that you're weak can take a lifetime to pay for.
Think before you act; you'll be so glad you did.
Forever is a long, long time;
Forever is a long, long time.

(1)

Well, cartoons and stooges make it seem like
The quickest and easiest way
To settle an argument---get what you want---
Is to ZAP the other guy---biff, bam, pow!
But life is not a TV show;
No, life is not a TV show.

CHORUS

(2)

Well, in real life it doesn't pay to be
A stooge or a cartoon "hero"
Use brains, not brawn; use words---work it out;
'Cause real violence really hurts.
Life is not a TV show;
No, life is not a TV show.

CHORUS

(3)

Taking chances with your very own life
Works the same; we're not bionic!
Don't let drugs or foolish stunts
Blow your one shot at the life you've got.
Life is not a TV show;
No, life is not a TV show.

CHORUS

(repeat last line and fade)
Forever is a long, long time!

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♪ 6. **BURNIN' UP** (3:05) ♪

Think and Share Invitations

- * Think and share about some positive outlets and choices you use to deal with anger and other with uncomfortable emotions or situations.
- * Think and share about your reactions to these possible situations resulting in harmful fires:
 - ~ Kids with matches, maybe wanting to play... Maybe they were curious, maybe they were bored,
 - ~ maybe they were angry, or thought they'd been ignored.
 - ~ It could be they had thought, "We'll only burn a little."
- * Think and share about your reactions to these ideas from the song lyrics:
 - ~ When you play with fire, sooner or later, you're gonna get burned.
 - ~ I was so angry---just burning up--- I felt out of control completely!
 - ~ I wanted to hurt them, 'cause they'd hurt me, too!
 - ~ Once fire is turned loose, there's no telling what will happen, who'll get hurt, where it'll end, what will be forever burned.
 - ~ What started as a spark at the end of a match soon turned into a blaze, quick as a flash; and then it was too late...there was no turning back.
 - ~ I'm sure they never thought it could get so out of hand.

REFRAIN: When you play with fire, sooner or later, you're gonna get burned.
When you play with fire, sooner or later, you're gonna get burned.

1.

I was so angry --- just burning up --- I felt out of control completely!
I wanted to hurt them, 'cause they'd hurt me, too! As I thought of what I'd like to do, I heard the news...

"There was a bad fire today," I heard the announcer say, "It was kids with matches, maybe wanting to play... Maybe they were curious, maybe they were bored, maybe they were angry, or thought they'd been ignored."

Then the fire fighter said as he sadly shook his head,

"If only they had thought about what fire can do! Could it be they didn't know? How can that be so? But, whatever the excuse, once fire is turned loose, there's no telling what will happen, who'll get hurt ... where it'll end ... what will be forever burned."

REFRAIN: When you play with fire, sooner or later, you're gonna get burned.
When you play with fire, sooner or later, you're gonna get burned.

2.

I'd been so angry---just burning up--- I'd felt out of control completely!
It scared me to think what I'd been ready to try! After hearing 'bout those kids, I wanted to cry.

It could be they had thought, "We'll only burn a little." But what started as a spark at the end of a match
Soon turned into a blaze, quick as a flash; and then it was too late...there was no turning back.
I'm sure they never thought it could get so out of hand.

So...will I control my anger? I'll master it, you bet!
But could I control a fire? No one can count on that!
I'm so glad that my anger didn't burn up anyone else!
From now on, when I get angry, I'll play it cool...
That's much better for myself, and for other people, too.

REFRAIN: When you play with fire, sooner or later, you're gonna get burned.
When you play with fire, sooner or later, you're gonna get burned.
(Repeat REFRAIN and fade...)

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♪ 7. DRIVE SMART, DRIVE SOBER (4:12) ♪

Think and Share Invitations

Suggested introduction (using Teacher/ Parent Judgment): Checking on current statistics to let children/ youth know how serious a problem drunk/ impaired driving is, could be quite impactful; however, knowing how many lives are lost may or may not be something they are ready to handle.

- * Think and share about what you might do if you know that someone is planning on driving drunk / impaired.
- * As this song about driving sober says, "You may be too young to drive, and you may choose not to drink; we've thought a lot about this and we'll tell you what we think!" Think and share about what YOU think about the importance of everyone driving sober.
- * Think and share about which of these phrases from Mothers Against Drunk Driving (M.A.D.D.) you think would be the most powerful points to help someone choose to NOT drive while impaired:
 - ~ Drive smart, drive sober---arrive alive!
 - ~ "One for the road"?! -----> "NONE for the road"!
 - ~ Drinking and driving is a deadly combination.
 - ~ Friends keep friends alive; they don't let them drink and drive!
 - ~ Don't destroy a life! It can happen in the blink of an eye!
 - ~ A dream is a fragile thing, so don't drink and drive!
 - ~ If you drink, don't drive! when you're going to drive, don't drink! It's really very simple; you don't have to drink!
 - ~ Alcohol's a drug, and you don't need drugs!
 - ~ Celebrate life; don't drink and drive!
 - ~ Celebrate. Designate. (**Designated Driver** = a person who agrees to remain **sober** at a social occasion, in order to be able to drive others home safely.)
 - ~ M.A.D.D. Pledge: TO HELP KEEP MY LOVED ONES AND EVERYONE ON THE ROAD SAFE,
I PLEDGE TO NOT DRIVE IF MY PLANS INCLUDE ALCOHOL.

MUSICAL INTRODUCTION: You may be too young to drive, and you may choose not to drink;
We've thought a lot about this and we'll tell you what we think!

REFRAIN: Drive smart, drive sober---arrive alive! Drive smart, drive sober---arrive alive!

- (1) If you're thinking of raising that bottle, glass, or can, you'd better be sure that you've worked out a plan for a designated driver, who chooses not to drink. That's the only way to do it, if you really stop and think! Whether going near or far, you'll need someone to drive the car who will get you all there safely--- or you may not get there at all!

REFRAIN

- (2) "One for the road"?---That just doesn't make sense! That "one little drink" can mean you're not safe on the road! And, if you've had a drink or two, you really cannot judge as to whether you can drive a car without taking a life. Make it "NONE for the road"! Drive smart; drive sober! -- 'Cause drinking and driving is a deadly combination.

REFRAIN

- (3) Friends keep friends alive; they don't let them drink and drive!
They may tell you they can do it, cause they drank and drove before.
Well, it's sad that they're willing to risk their own lives,
but even worse, so many innocent lives are ended each day
while they're minding their own business, going safely on their way,
when someone else who drank and drove takes their lives away.
It's tragic how many people are crippled for life! It's time we stop the madness and get everyone to say...

REFRAIN

- (4) Don't destroy a life! It can happen in the blink of an eye! A dream is a fragile thing... so don't drink and drive!
If you drink, don't drive! And when you're gonna drive, don't drink!
It's really very simple; you don't have to drink!
Alcohol's a drug, and you don't need drugs! Celebrate life; don't drink and drive! **REFRAIN** (sung three times)

Many thanks to Ms. Tammy Atha of the national office of Mothers Against Drunk Driving for providing M.A.D.D. slogans used in this song.
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Lead Singer and Producer Patricia Mikkelson

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♪ 8. HOT BRANDS (3:06) ♪

Think and Share Invitations

- * Think and share about what it means to not "judge a book by its cover."
- * Think and share about a time when someone misjudged you, based upon how you looked / what you were wearing -- and/or a time when you realized that you misjudged someone else.
- * What would you say to someone whose feeling of self-worth seems to be based upon being able to wear popular name-brands of clothing and/or shoes.
- * Please think about the following ideas from the song, and share your thinking:
 - ~ I can wear any ol' brand, or even second-hand and hold my head up high and smile at everyone!
 - ~ I like myself and who I am; don't need a label to prove anything to anyone!
 - ~ It's really sad some people seem to think their worth can be rung up on a cash register. But not me!
 - ~ I've got better things to do with the money I've got than to pay a bundle extra for a tiny little label.
 - ~ People who do put-downs often have been put down, and then make fun of what other people wear!
 - ~ Don't they know you can't judge a book by its cover, or a person by the clothes they wear?
 - ~ I think I understand why they do the put-downs anyway; 'Cause maybe they don't feel very good about themselves.

MUSICAL INTRODUCTION:

Now, if you like to wear the hot brands, this is not meant as a put-down for you;
But if your self-worth is tied up in 'em, we hope you'll listen to a different point of view!

- (1)
I don't need Nike's to feel good about myself, don't need B. K.'s to know I'm really special.
I can wear any ol' brand, or even second-hand and hold my head up high and smile at everyone!
DO-do-DO-do-DO.
- (2)
I don't need L. A. Gear's to feel good about myself, don't need Guess to know I'm really special.
I like myself and who I am; don't need a label to prove anything to anyone!
DO-do-DO-do-DO.
- (3)
I don't need Levi's to feel good about myself, don't need Jordan's to know I'm really special.
It's really sad some people seem to think their worth can be rung up on a cash register. But not me!
DO-do-DO-do-DO.
- (4)
I don't need Reebok's to feel good about myself, don't need Gitano to know I'm really special.
I've got better things to do with the money I've got than to pay a bundle extra for a tiny little label.
DO-do-DO-do-DO.
- (5)
I don't need Biker's to feel good about myself, don't need Jordache to know I'm really special.
People who do put-downs often have been put down, and then make fun of what other people wear!
Don't they know you can't judge a book by its cover, or a person by the clothes they wear?
I think I understand why they do the put-downs anyway;
'Cause maybe they don't feel good enough about themselves to say...

REPEAT verse 1

I don't need Nike's to feel good about myself, don't need B. K.'s to know I'm really special.
I can wear any ol' brand, or even second-hand and hold my head up high and smile at everyone!
DO-do-DO-do-DO.

SPOKEN: Now you've got a chance to put whatever brands you choose in the blank spaces left for you on these next two verses!)

- (A) I don't need _____ to feel good about myself, don't need _____ to know I'm really special.
I can wear any ol' brand, or even second-hand and hold my head up high and smile at everyone!
DO-do-DO-do-DO.
 - (B) I don't need _____ to feel good about myself, don't need _____ to know I'm really special.
I can wear any ol' brand, or even second-hand and hold my head up high and smile at everyone!
DO-do-DO-do-DO.
- (END WITH) ---yes, any ol' brand, or even second-hand and hold my head up high and smile at everyone!
DO-do-DO-do-DO.

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Lead Singer and Producer Patricia Mikkelson**

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♪ 9. I DESERVE BETTER (GONNA GET UNSTUCK) (5:01) ♪

Think and Share Invitations

- * Think and share --- What are some good habits that you have?
- * What are some habits you would like to change?
- * Think and share about what you really want out of life. To help you do that, take a few moments to get in touch with your feelings--- your pain, your fears --- and your hopes and dreams. It may help to draw a quick picture or two, and/or to write a few words. It can also help to do as the song suggests: Make a picture in your mind of the great life you're worthy of; see and feel it in every detail! There's power in that picture when you believe in it! When you know where you're headed, you get there much faster!
- * Think and share about how bad habits could keep you from reaching your goals.
- * Think and share about a time you learned from your mistake/s.
- * Think and share about what this phrase means to you: "reach out and up for the helping hands you need."

- (1) Well, we've all got a habit or two that's keepin' us from the best that life has to offer!
Might be small, like chewin' your nails---or much bigger, like drugs or booze;
But, with help, we can tackle them all and let' em go; yeah, with help, we can tackle them all.
- (2) So you've got a bad habit that you're tryin' to break, and you're working on changing for the better?
Well, here are some ideas to help give you strength, and remind you that it really can be done...
yeah---remind you that it really can be done!
- (3) Now first of all, y'gotta get in touch with what you want---I mean, what you really, REALLY want out of life.
To do that, y'gotta get in touch with your feelings---all your pain, your fears, your hopes and your dreams.
When you're clear about what's really important to you, you're sure to say,
"That habit is NOT what I want! No way! That habit is NOT what I want!"

MUSICAL REFRAIN

And I'm sure you'll say, "I deserve better than that! Yeah! I deserve better than that---you bet!
I deserve the best that life has to offer, I sure deserve to be free of that habit!
I deserve to be drug-free--- Yeah! I deserve better than that!"

- (4) And I'm not gonna let fear of failure keep me from it, or waste my energy making excuses.
I'm gonna jump right in; I'll start right now! Sure, I'll make mistakes, but I'll learn from those mistakes!
Yeah, I'll learn from the mistakes I make.
- (5) Now, when you're working on getting unstuck from a habit, it really helps to think creatively!
So, open your mind to the many, many ways you can solve whatever problems you're facing
---so many ways to solve the problems you're facing!

MUSICAL REFRAIN Say it once again...

- (6) Now make a picture in your mind of the great life you're worthy of; see and feel it in every detail!
There's power in that picture when you believe in it! When you know where you're headed,
you get there much faster! Yeah, your picture helps you get there much faster!
- (7) And if kickin' yourself has been your favorite sport, it's up to you to change that gameplan now.
'Cause you need all your energy to get unstuck. So kick that habit instead of yourself!
Yeah, kick that habit instead of yourself!
- (8) Now, for those bigger habits messin' up your body and mind, get some help! Lots of people are on your side!
So, reach out and up for the helping hands you need; you'll find the strength to carry you through to success;
yeah, the strength you need to carry you through!

MUSICAL REFRAIN Keep it in your mind... (end by singing the last line two more times)

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This rap was sparked by Dr. Sidney Simon's presentation "Getting Unstuck", based on his book by the same title (published by Warner Brothers).

Many thanks to Dr. Simon for permission to use his ideas.

Lead Vocals Robert Kersbergen, Producer Patricia Mikkelson

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♪ 10. LEMONS INTO LEMONADE (2:54) ♪

+ **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: Think about the things in your life (in the past, and also now) that 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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♪ 11. LITTLE BITS OF BEAUTY (5:30) ♪

✦ **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: 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
- * 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)

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Lead Singer and Producer Patricia Mikkelson Linda.BetterWorld@gmail.com BetterWorld-Resources.com*

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