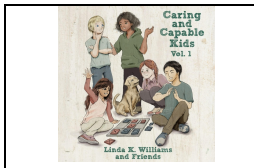


**✓ 7 of the Most Requested Songs ✓**  
**♪ of the 52 CARING AND CAPABLE KIDS Songs ♪**  
**with Resources for**

**♣Social Emotional Learning ♣Music Therapy**  
**and Developing ♣Resilience ♣Empathy and a ♣Trauma-Informed/ Responsive Lens**

**"Think and Share Invitations" for each song are offered as springboards for**  
**♣Restorative / Community Building Circles ♣Writing/ Journaling ♣Pair and Share, etc.**

PLEASE ALSO CONSIDER engaging in Visual and Performing Arts inspired by the Lyrics  
~ draw ~ paint ~ dance ~ mindful movement ~ hand motions ~ write additional lyrics, skits ~ and more



**On Caring and Capable Kids, Vol. 1**  
**Zoom-Friendly Document -- Links provided for all**  
**Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources**  
Found at this link: [CaringandCapableKids.com](http://CaringandCapableKids.com)

① ♪ **WHO I AM MAKES A DIFFERENCE (1:46)** ♪

[https://www.youtube.com/watch?v=rrTy2W6MMsgq&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=5](https://www.youtube.com/watch?v=rrTy2W6MMsgq&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=5)

**Think and Share Invitations**

\* Think and share about a time when something you said or did made a difference for someone else, and how you felt when it happened. (+ 2 more **Think and Share Invitations** offered)

② ♪ **IF YOU'RE ANGRY AND YOU KNOW IT (2:14)** ♪ + **Bonus Resources for Dealing with Feelings**

[https://www.youtube.com/watch?v=sbD4BDdBcm78&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=6](https://www.youtube.com/watch?v=sbD4BDdBcm78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6)

**Think and Share Invitations**

\* Think and share about the anger management/self-regulation strategies you have used effectively.  
(+ 3 more **Think and Share Invitations** offered)

**Bonus Resources:** Different sized formats of lyrics to provide opportunities for students to illustrate verses, with an opportunity to make up their own verses. Included are illustrate-your-own-booklet or book" and/or Big Book or Poster sized print.

<https://lkwbetterworld.files.wordpress.com/2020/11/if-youre-angry...-formats-as-bonus-resources-11-26-20.pdf>

③ ♪ **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 [https://www.youtube.com/watch?v=5\\_7Wik2qPFE](https://www.youtube.com/watch?v=5_7Wik2qPFE)

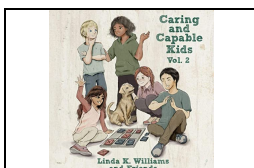
**Think and Share Invitations**

\* Think and share about 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 they helped you build **resilience**.

(PLEASE NOTE: This is likely an opportunity for vocabulary expansion.) (+ 3 more **Think and Share Invitations** offered)

**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>



**On Caring and Capable Kids, Vol. 2**  
**Zoom-Friendly Document -- Links provided for all**  
**Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources**  
Found at this link: [CaringandCapableKids.com](http://CaringandCapableKids.com)

④ ♪ **IT'S OK TO FEEL (2:14)** ♪

[https://www.youtube.com/watch?v=MSaRqMikCmM&list=OLAK5uy\\_kw6aTs5dEm\\_UxrS59m1RBnyW8zCDMLZ7E&index=5](https://www.youtube.com/watch?v=MSaRqMikCmM&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=5)

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

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

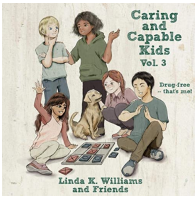
**Think and Share Invitations**

**Suggested introduction:** 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. (+ 2 more **Think and Share Invitations** offered)

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

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

Zoom-Friendly Document -- Links provided for all  
Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources  
Found at this link: [CaringandCapableKids.com](http://CaringandCapableKids.com)

### ⑤ LEMONS INTO LEMONADE (2:54)

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

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

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

#### Think and Share Invitations

*Suggested introduction: Think about the things in your life (in the past, and also now) you see as "lemons" -- that is, things that you've been very unhappy about, worried about, and/or stressed out about. The word "lemonade" refers to things in your life that bring you joy, and can be the result of your own positive attitude and actions to make the best of some "lemons" in your life.*

\* Think and share about what lemons in your life you have been turning into lemonade, and how you've been doing it.

(+ 5 more *Think and Share Invitations* offered)



**YOU ARE A MARVEL**  
\* **SPECIAL SINGLE** \*

## "You are a Marvel" Special Single

Zoom-Friendly Document -- Links provided for Song Recording, Lyrics,  
Think and Share Invitations, and Bonus Resources for "You are a Marvel"

Found at this link: [CaringandCapableKids.com](http://CaringandCapableKids.com)

PLEASE NOTE: The lyrics of "You are a Marvel" are from JOYS AND SORROWS: REFLECTIONS BY PABLO CASALS by Albert E. Kahn. Copyright 1970 by Albert E. Kahn. Copyright renewed 1998 by Harriet W. Kahn. Reprinted with the permission of Touchstone, a division of Simon & Schuster, Inc. All rights reserved.

### ⑥ YOU ARE A MARVEL (5:33 -- optional: pause at 1:22)

**BandCamp link (free streaming / download)** <https://betterworld.bandcamp.com/album/you-are-a-marvel-special-single-2>

#### Think and Share Invitations

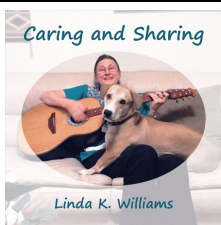
\* Think about Pablo Casals' words: "You are a marvel." "You are unique." "In all the world there is no other child exactly like you."

"In the millions of years that have passed, there has never been a child like you." "You have the capacity for anything."

Share about how you feel when you hear, sing, and/or read those words.

(+ 3 more *Think and Share Invitations* offered)

**Bonus Resources:** Please enjoy the suggested art project wherein students are encouraged to create picture frames in which they see their own image -- and also the groups on their screens -- and are reminded constantly that they are all marvels, they are unique.



## On Caring and Sharing

Zoom-Friendly Document -- Links provided for all  
Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources

Found at this link: [CaringandCapableKids.com](http://CaringandCapableKids.com)

### ⑦ LITTLE BY LITTLE (2:00)

[https://www.youtube.com/watch?v=Mh1hBogJNjY&list=OLAK5uy\\_nJfi5rDvfszvD\\_4qkRSSENpxhGqcy5NDc&index=1](https://www.youtube.com/watch?v=Mh1hBogJNjY&list=OLAK5uy_nJfi5rDvfszvD_4qkRSSENpxhGqcy5NDc&index=1)

#### Think and Share Invitations

\* Think and share about a time when you achieved a goal by working little by little.

(+ 2 more *Think and Share Invitations* offered)

**Bonus Resource:** optional Baby-Stepping Activity and additional Think and Share Invitations

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

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