

"You are a Marvel"

a Special Single ~ Pablo Casals' Words used with Permission



A Special Single within **Caring and Capable Kids**:
52 Songs and Resources for
✦ **Social Emotional Learning**
✦ **Music Therapy**
and Developing ✦ **Resilience** ✦ **Empathy**
and a ✦ **Trauma-Informed / Responsive Lens**

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PLEASE NOTE: The lyrics of "You are a Marvel" are from
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April 2021

♪ **Caring and Capable Kids** ♪

♣ **Special Single** ♣

"You are a Marvel" + Bonus Resources

Music composed by Linda K. Williams
Linda.BetterWorld@gmail.com CaringandCapableKids.com

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*Please note: For the other 51 songs in the Caring and Capable Kids collection (not "You are a Marvel"),
permission is granted to reproduce and/or share
any part of those documents and/or the connected resources and hyperlinks for
educational, non-commercial purposes only.*

♪ **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>

Amazon: [https://www.amazon.com/You-Marvel-feat-Patricia-](https://www.amazon.com/You-Marvel-feat-Patricia-Mikkelson/dp/B08SWJ7BMC/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams+You+are+a+Marvel&qid=1611771804&s=dmusic&sr=1-1)

[Mikkelson/dp/B08SWJ7BMC/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams+You+are+a+Marvel&qid=1611771804&s=dmusic&sr=1-1](https://www.amazon.com/You-Marvel-feat-Patricia-Mikkelson/dp/B08SWJ7BMC/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams+You+are+a+Marvel&qid=1611771804&s=dmusic&sr=1-1)

"Think and Share Invitations" for each of the 52 songs in

♪ **Caring and Capable Kids** ♪

-- 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

**For YouTube links, "Think and Share Invitations", and Bonus Resources
for all 52 songs in the Caring and Capable Kids collection
please visit CaringandCapableKids.com**

♪ **YOU ARE A MARVEL (5:33 -- optional: pause at 1:22)** ♪

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Bonus Resources: See following pages.

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.
- * Think about the "self-talk" messages you could use, connecting with the words above:
 - "I am a marvel."
 - "I am unique."
 - "In all the world there is no other child exactly like me."
 - "In the millions of years that have passed, there has never been a child like me."
 - "I have the capacity for anything."
- * Share about how using those "self-talk" messages might help make a difference in your attitude, choices, and / or actions.
- * Think and share about your reactions to these powerful words:
 - "And when you grow up, can you then harm another who is, like you, a marvel? You much cherish one another."

REFRAIN: Do you know what you are? 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.

1 And look at your body---what a wonder it is! Your legs, your arms, your cunning fingers!
You may become a Shakespeare, a Michelangelo, a Beethoven.
You have the capacity for anything. Yes, you are a marvel!

REFRAIN

2 And when you grow up, can you then harm another who is, like you, a marvel?
You must cherish one another...cherish one another.
You must work---we all must work---to make this world worthy of its children.

REFRAIN

REPEAT VERSE 1:

And look at your body---what a wonder it is! Your legs, your arms, your cunning fingers!
You may become a Shakespeare, a Michelangelo, a Beethoven.
You have the capacity for anything. Yes, you are a marvel!

REFRAIN

FINAL CHORUS VARIATIONS

Do you know what you are? You are a marvel. You are unique.
Do I know who I am? I am a marvel. I am unique.
I do know who I am. I am a marvel. I am unique.

PLS. NOTE: ON THE RECORDING, THE LAST LINE IS SUNG 7 MORE TIMES, WITH DIFFERENT VOICES.

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Music copyright 1991 by Linda K. Williams Linda.BetterWorld@gmail.com CaringandCapableKids.com
Lead Singer and Producer Patricia Mikkelson

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

Amazon.com link for Special Single https://www.amazon.com/You-Marvel-feat-Patricia-Mikkelson/dp/B08SWJ7BMC/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams+You+are+a+Marvel&qid=1610752087&s=dmusic&sr=1-1

BONUS RESOURCES to use with the Special Single "You are a Marvel"

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Song composed by Linda K. Williams -- Copyrighted lyrics by Pablo Casals; all rights reserved.
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*** PICTURE FRAME TO USE ON MIRROR:
e.g., "I am a marvel! I am unique!"**

*** PICTURE FRAME TO USE ON COMPUTER OR IPAD OR SCREEN:
e.g., "We must cherish one another!"**

To help promote students viewing themselves as Pablo Casals invites them to do -- as **marvels** and as **unique** -- on the following page is a reproducible frame (portrait mode) which can be used to tape to a mirror. Students will then be encouraged to read the texts they have chosen aloud to themselves at least once a day.

Suggested messages for the frames:

**You are a marvel!
You are unique!
You have the capacity for anything!**
~~~~~  
**I am a marvel!  
I am unique!  
I have the capacity for anything!**

In addition, to help **promote the cherishing of one another**, you will also find a reproducible landscape mode frame which can be used to frame students' distance learning device (laptop, tablet, etc.), which would then frame their classmates and others.

**You must cherish one another.  
Can you harm another who is, like you, a marvel?**

~~~~~  
**We must cherish one another.
Can I harm another who is, like me, a marvel?**

OPTIONAL DECORATIONS:

Students can be invited to decorate their "I am a marvel!" frames by adding small drawings and/or stickers related to their interests and talents, and anything else that goes into making them unique. For the landscape mode frame, classmates' names and/or drawings of their faces can be added to the frame

ALTERNATE "DIY" (Do It Yourself) APPROACH:

If it is not feasible to have students print out or receive a hard copy of the frame sheets, students could be invited to create their own, using any piece of paper folded into quarters, and cutting out the center (as a rectangle, oval, or whatever works). Or, if students have dry-erase markers, those could be used to create temporary frames and messages, as well.

SELF - AFFIRMATION FACE FRAME FOR A MIRROR

DIRECTIONS:

1. **Choose** phrases or ideas from the song "You are a Marvel" to write on your frame, which is the rectangular border on this page with no print.

For example, you might choose any or all of these messages -- or any others from the song, and/or other self-affirmations of your own:

You are a marvel!
You are unique!
You have the capacity for anything!

I am a marvel!
I am unique!
I have the capacity for anything!

2. **Add** any drawings, designs, or decorations you choose.

You might choose to have your decorations show your interests and/or talents, or anything else that contributes to your being unique.

3. **Cut out** the middle portion of this page (this shaded rectangle with writing).

4. **Tape to a mirror** the frame on which you wrote and drew. By doing that, you will have a frame in which you will see your face when you look in the mirror.

5. **Read the affirmations** around your face at least once a day.

PLEASE NOTE: If it won't work well for you to tape the frame to a mirror, you can simply hold the frame up in front of you when you look in the mirror, so that you can see and read the affirmations around your face at least once a day.

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"CHERISHING OTHERS" GROUP FRAME FOR A COMPUTER SCREEN / TABLET, ETC.

DIRECTIONS:

1. **Choose** phrases or ideas from the song "You are a Marvel" to write on your frame, which is the rectangular border on this page with no print.

For example, you might choose any or all of these messages -- or any others from the song, or of your own choosing.

You must cherish one another.

Can you harm another who is, like you, a marvel?

We must cherish one another.

Can I harm another who is, like me, a marvel?

2. **Add** any drawings, designs, or decorations you choose. Perhaps you might enjoy including your classmates' names, and/or drawings of their faces, a series of hearts, and/or anything else you choose.

3. **Cut out** the middle portion of this page (this shaded rectangle with writing).

4. **Tape** the frame to your computer screen or tablet. By doing that, you will have a frame in which you will see your classmates' faces, surrounded by your positive messages.

5. **Read the affirmations** on the frame at least once a day.

PLEASE NOTE: If it won't work well for you to tape the frame to an electronic device, you can simply place the frame somewhere handy, so that you can see and read the affirmations at least once a day.

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