

♪ CARING AND CAPABLE KIDS ♪

52 Songs written and recorded by **Linda K. Williams and Friends**

perfect for use in ♣Classrooms ♣Distance Learning ♣Music Programs ♣After-School Programs, and ♣Homes
for ♣ Social Emotional Learning ♣ Music Therapy and Developing
♣ Resilience ♣ Empathy and a ♣ Trauma - Informed / Responsive Lens
with Bonus Resources available via hyperlinks

"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

All materials are compliments of Linda K. Williams April 2021

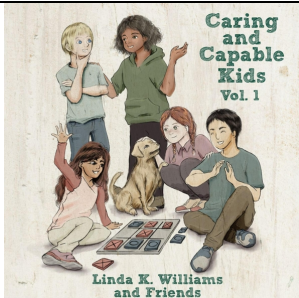
Questions and comments are welcome: Linda.BetterWorld@gmail.com CaringandCapableKids.com

Bio and connections with Common Core Standards available at this link:

<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-welcome-to-cckcom.core-bioendorsementsoverview.pdf>

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JUST RELEASED! * "YOU ARE A MARVEL" Special Single *



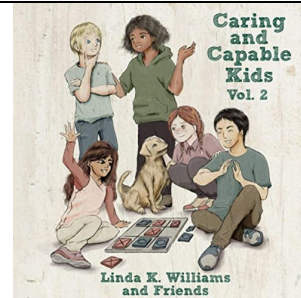
Caring and Capable Kids, V. 1 - Links to the Full Album

YouTube https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

Amazon.com 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

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2a-1-cck-zoom-friendly-songs-and-resources.pdf>



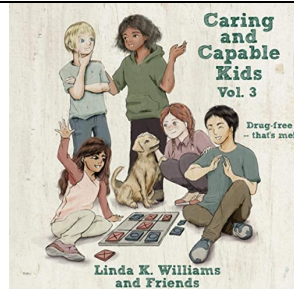
Caring and Capable Kids, V2 - Links to the Full Album

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

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

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2b-2-cck-zoom-friendly-songs-and-resources-w.-icons.pdf>



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

Links to the Full Album

YouTube

https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91E_DgkTNymCR-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

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2c-3-cck-zoom-friendly-songs-and-resources-w.-icons.pdf>



Caring and Sharing - Links to the Full Album

YouTube

https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSEnpxhGqcy5NDc

Amazon.com 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

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2d-csh-zoom-friendly-w.-icons.pdf>

Caring and Capable Kids book available for purchase:

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

✓ **For 7 of the Most-Requested Songs, Think and Share Invitations, and Bonus Resources, please follow this link:**
<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2e-7-most-requested-songs-of-52-caring-and-capable-kids.pdf>

◆ **For 11 Songs and Bonus Resources for English Language Learners -- and/or Younger Students:**
<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-2f-11-ell-songs-and-or-younger-students-from-caring-and-capable-kids-4-albums.pdf>

☆ **For Bonus Resources for Dealing with Feelings**
<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-2g-dealing-with-feelings-greatly-expanded.pdf>

♥ **For Bonus Resources for Promoting Empathy and Compassion**
<https://lkwbetterworld.files.wordpress.com/2021/04/4-25-21-2h-empathy-compassion-bonus-ress.pdf>

☺ **For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World**
<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2i-csbw-5-sample-stories-w.-songs-and-list-of-others.pdf>

♪ Caring and Capable Kids, Vol. 1 ♪

1. ♥ ☺ **Handle with Care** (4:09) +
2. ♥ ☺ **Another Word for PEOPLE** (2:00)
3. ♥ **No One is a Nobody** (2:42)
4. ♥ ☺ **Ripples and Starfish: Song of Hope / Empowerment** (3:52)
5. ♥ ✓ ◆ ☺ **Who I Am Makes a Difference** (1:46)
6. ☆ ✓ ◆ ☺ **If You're Angry & You Know It** (2:14)
7. **I Can Say "No" When I Want To** (2:43)
8. **What Should I Do?** (3:03)
9. ♥ **The Children of Tomorrow** (5:36)
10. ♥ ✓ ☺ **Eyes of Compassion: Trauma-Informed Lens** (1:33)
11. ♥ ☺ **Ojos de Compasión: Una Visión Informada por Trauma** (1:36)

Songs by Linda K. Williams and Friends
Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly
<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2a-1-cck-zoom-friendly-songs-and-resources.pdf>

♪ Caring and Capable Kids, Vol. 2 ♪

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)
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)

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly
<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2b-2-cck-zoom-friendly-songs-and-resources-w.-icons.pdf>

♪ Caring and Capable Kids, Vol. 3 ♪

1. **Drug-Free...That's Me!** (3:02)
2. **There are So Many Ways to Say NO** (3:02)
3. ◆ **To Be the Best Me** (3:51)
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)
11. ☆ **Little Bits of Beauty** (5:30)

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<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2c-3-cck-zoom-friendly-songs-and-resources-w.-icons.pdf>

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✓ \* **"You are a Marvel" NEW Special Single** \*  
<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2j-marvel-w.-bandcamp-link-zoom-friendly-with-frames-in-doc.pdf>

### More songs for ♪ Caring and Sharing ♪

1. ✓ **Little by Little** (2:00)
2. ☆ ◆ **Self-Talk** (2:33)
3. ♥ ◆ **A Friend in Need** (2:02)
4. ♥ **We're "Can-Do!" Kids, and We Care** (2:00)
5. ☆ ☺ **I'm Dealing with my Feelings** (2:50)
6. ◆ **I Like Myself** (1:15)
7. ♥ ◆ **Say it! Do it!** (0:57)
8. ♥ ◆ ☺ **The Golden Rule Song** (1:10)
9. ♥ **How Was Your Day Today?** (1:20)
10. **No One's Perfect** (2:10)
11. ☺ **I Still Love You** (1:50)
12. **Thank You, Chester** (3:46)
13. **Every Child Saved** (3:49)
14. **When Will I Hug You Again?** (3:33)  
+Bonus Resource: video
15. **Friendly Night** (4:45)

**Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly**  
<https://lkwbetterworld.files.wordpress.com/2021/04/4-28-21-2d-csh-zoom-friendly-w.-icons.pdf>