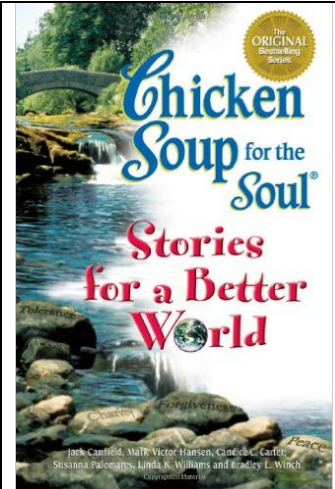


# ***Chicken Soup for the Soul: Stories for a Better World***

Many stories link with a number of the  
♫ **52 Caring and Capable Kids Songs** ♫  
and can be used to address feelings, conflict management, racism,  
poverty, prejudice, and empowerment to pursue  
avenues for action to create a better world.

<https://caringandcapablekids.com/>



Using the stories and songs together can help

~ Promote **empathy and compassion**

~ Increase students' ability to **perceive the feelings** of others,  
and **identify their own feelings**

~ Develop students' ability to perceive and understand  
**unmet needs...** of others, and their own

~ Promote **Restorative Practices and Justice**

~ Develop students' ability to use a **Trauma-Informed / Responsive Lens**

\* Many stories include **children and/or youth** as peacemakers, and many include **historical events**.  
Lists available upon request: [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com)

## **ABOUT THE BOOK:**



**Nobel Peace Prize Laureates Desmond Tutu and Oscar Arias** (Pres. of Costa Rica) wrote selections specifically for the book.



100 powerful stories of hope and healing that show how compassion, communication, creativity, and courage make this a better world, in spite of the conflicts and violence in our lives and world.

## **Heartwarming, inspiring stories of how**

- children and youth have taken the lead in making our world a better place,
- a 5<sup>th</sup> grade bully turned his life around
- a family deals with explosive conflicts
- inner peace is achieved
- teachers (pre-school through high school) sow the seeds of peace,
- common ground is found
- international conflicts are resolved — and more.

### *What people are saying about **Stories for a Better World**:*

“What a splendid anthology of stories that tell so eloquently how each of us can make a difference as a peacemaker, sometimes spectacularly on the international level, but more often no less spectacularly, on an intimate personal level.” **Archbishop Desmond M. Tutu**

“Every story in [Chicken Soup for a Better World](#) is a vision of peace for our future. Here is my challenge to you as you read this book: open your minds, listen with your heart. You can make a difference!” **Muhammad Ali**

**Also enthusiastically endorsed by:** Pres. Oscar Arias, Thich Nhat Hanh, Marianne Williamson, Dr. Howard Zinn, Peter Yarrow (of Peter, Paul, & Mary), Midge Costanza, Laurie Beth Jones, Raffi, Dr. Marshall Rosenberg, Dr. Helen Caldicott, Louise Diamond, Dr. Michael Nagler

**Please click here for additional enthusiastic words from children, youth, and caregivers.**

<https://lkwbetterworld.files.wordpress.com/2021/05/chicken-soup-better-world-quotes-from-kids-et-al.pdf>

# These 5 sample stories from the book ☯ *Chicken Soup for the Soul: Stories for a Better World* ☯ are offered to you to reproduce and share

If you're interested in all 100 peacemaking stories -- most of which are wonderfully suited for use with children and youth -- please note the availability of the book: *Amazon.com -- Paperback / Kindle eBook/ Audible Audiobook*  
[https://www.amazon.com/Chicken-Soup-Stories-Better-World/dp/1623610303/ref=sr\\_1\\_1?dchild=1&keywords=CHICKEN+SUP+FOR+THE+SOU+L%3A+STORIES+FOR+A+BETTER+WORLD&qid=1611434191&sr=8-1](https://www.amazon.com/Chicken-Soup-Stories-Better-World/dp/1623610303/ref=sr_1_1?dchild=1&keywords=CHICKEN+SUP+FOR+THE+SOU+L%3A+STORIES+FOR+A+BETTER+WORLD&qid=1611434191&sr=8-1)

**PLEASE NOTE: A deep discount is currently available for 20+ copies for non-profit organizations/ schools (\$6.50/ book).  
For more information, please contact co-author Linda K. Williams [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com)**

Links to access all 4 albums: 52 Songs with Lyrics, Think and Share Invitations, and Bonus Resources:  
[CaringandCapableKids.com](http://CaringandCapableKids.com) <https://caringandcapablekids.com/>

✓ **For 7 of the Most-Requested Songs, Think and Share Invitations, and Bonus Resources, please follow this link:**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-7-of-the-most-requested-songs.pdf>

◆ **For 11 Songs and Bonus Resources for English Language Learners -- and/or Younger Students:**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-11-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/2021/05/5-17-21-dealing-with-feelings-bonus-resources-greatly-expanded.pdf>

♥ **For Bonus Resources for Promoting Empathy and Compassion**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-empathy-compassion-bonus-ress.pdf>

Below, CCK = Caring and Capable Kids albums; C&Sh = Caring and Sharing album

## ☯ STORY #1: "If You're Angry and You Know it... Remember Henry!"

<https://lkwbetterworld.files.wordpress.com/2021/05/5-16-21-csbw-story-1.pdf>

(Age of child in story: 4th grader)

p. 278 in the book *Chicken Soup for the Soul: Stories for a Better World*

**Story synopsis:** Linda K. Williams' story "If You're Angry And You Know It...Remember Henry!" is about a teacher who helps Henry channel his anger in positive directions.

**Songs:**

☆ ✓ ◆ ☯ **If You're Angry & You Know It (2:14)** <https://lkwbetterworld.files.wordpress.com/2021/05/if-youre-angry-and-you-know-it.pdf>

☆ ✓ ☯ **It's OK to Feel (2:14)** <https://lkwbetterworld.files.wordpress.com/2021/05/its-ok-to-feel.pdf>

☆ ☯ **I'm Dealing with my Feelings (2:50)** <https://lkwbetterworld.files.wordpress.com/2021/05/im-dealing-with-my-feelings.pdf>

**YOUTUBE READING of the story by Linda K. Williams 8:35**

<https://www.youtube.com/watch?v=RcNA3asqb84&list=PL4tCO3OQR1wTRSQHIGicDhrE67wlb2wnj&index=18>

**PEACE PATH --- A tool to help resolve conflicts from Cherokee Point Elementary, San Diego:**

an anger management and Restorative Justice tool for students and families

- **Peace Path: Student Reference sheets format** (1 p. with graphic, 1 page w. directions in Eng. and Span.)

<https://lkwbetterworld.files.wordpress.com/2017/06/peace-path-from-cpe-1-p-graphic-plus-directions-in-eng-and-span.pdf>

- **Peace Path: Wall Poster format** (3 pages with graphic, 1 page w. directions in Eng. and Span.)

<https://lkwbetterworld.files.wordpress.com/2017/06/peace-path-from-cpe-all-4-pages.pdf>

## ☯ STORY #2: "I'm Gonna Write it on the Agenda!" <https://lkwbetterworld.files.wordpress.com/2021/05/5-16-21-csbw-story-2.pdf>

(Ages of children in story: 7, 11, 12)

p. 269 in the book *Chicken Soup for the Soul: Stories for a Better World*

**Story synopsis:** In "I'm Gonna Write it on the Agenda!" by James McGinnis, an authoritarian father learns that putting issues on the family meeting agenda gave his family an outlet to deal with problems.

**Songs:**

☆ ✓ ◆ ☯ **If You're Angry & You Know It (2:14)** <https://lkwbetterworld.files.wordpress.com/2021/05/if-youre-angry-and-you-know-it.pdf>

☯ **It's Us Against the Problem, Not Me Against You (2:46)**

<https://lkwbetterworld.files.wordpress.com/2021/05/its-us-against-the-problem-not-me-against-you.pdf>

☯ **I've Got to Talk to Them (3:01)** <https://lkwbetterworld.files.wordpress.com/2021/05/ive-got-to-talk-to-them.pdf>

☯ **I'll Listen (2:56)** <https://lkwbetterworld.files.wordpress.com/2021/05/ill-listen.pdf>

☆ ✓ ☯ **It's OK to Feel (2:14)** <https://lkwbetterworld.files.wordpress.com/2021/05/its-ok-to-feel.pdf>

☆ ☯ **I'm Dealing with my Feelings (2:50)** <https://lkwbetterworld.files.wordpress.com/2021/05/im-dealing-with-my-feelings.pdf>

☯ **I Still Love You (1:50)** <https://lkwbetterworld.files.wordpress.com/2021/05/i-still-love-you.pdf>

**PLEASE SEE THE FOLLOWING PAGE FOR STORIES 3, 4, AND 5.**

Continued: **5 Sample Stories** from the book  
**Chicken Soup for the Soul: Stories for a Better World**  
to reproduce and share

☮ **STORY #3: "From Angry Kid to Peace-Prize Winner"**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-16-21-csbw-story-3-1.pdf>

(Ages of child/ youth in story: age 7 through High School)

p. 41 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Wayne Sakamoto shares his amazing journey from being an at-risk-youth to a conflict resolution negotiator with troubled teens in "From Angry Kid to Peace-Prize Winner."

**Songs:**

♥ ☮ **Another Word for PEOPLE (2:00)** <https://lkwbetterworld.files.wordpress.com/2021/05/another-word-for-people.pdf>

♥ ✓ ☮ **Eyes of Compassion: A Trauma-Informed Lens Song (1:33)**

<https://lkwbetterworld.files.wordpress.com/2021/05/eyes-of-compassion-a-trauma-informed-lens-song.pdf>

plus [YouTube video/ slide show of song with lyrics](https://www.youtube.com/watch?v=5_7Wik2gPfE) [https://www.youtube.com/watch?v=5\\_7Wik2gPfE](https://www.youtube.com/watch?v=5_7Wik2gPfE)

♥ ☮ **What if That Were Me? (1:48)** <https://lkwbetterworld.files.wordpress.com/2021/05/what-if-that-were-me.pdf>

♥ ♦ ☮ **The Golden Rule Song (1:10)** <https://lkwbetterworld.files.wordpress.com/2021/05/the-golden-rule-song.pdf>

**BONUS SONG: Michael Stern's "Take Only What You Can Carry" is a moving song about the Japanese internment**

**listen or download audio at:**

<https://music.apple.com/us/album/take-only-what-you-can-carry/1495557216?i=1495557221>

**view or download printed music** (see page 8) at

[https://bppub.com/MS/documents/BPP-MSSU\\_Preview.pdf](https://bppub.com/MS/documents/BPP-MSSU_Preview.pdf)

There are many books about the Japanese internment for children and youth, e.g.,

Search words: **Books for children youth Japanese internment**

The two books selected by "One Book, One San Diego for 2020" are the following:

**Write to Me: Letters from Japanese American Children to the Librarian They Left Behind**

<https://www.google.com/search?q=write+to+me+cynthia+grady&oq=write+to+me+cynthia+grady&aqs=chrome..69i57j69i60.10447j0j4&sourceid=chrome&ie=UTF-8>

**George Takei's graphic novel, "They Called Us Enemy"**

<https://www.google.com/search?q=george+takei+graphic+novel&oq=george+takei+graphic+novel&aqs=chrome..69i57.8422j0j9&sourceid=chrome&ie=UTF-8>

☮ **STORY #4 "The Impossible Dream...?"** <https://lkwbetterworld.files.wordpress.com/2021/05/5-16-21-csbw-story-4.pdf>

(Ages of children / youth in the story: 1, 3, and up through teens)

p. 9 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Florence Crago's story "The Impossible Dream...?" is about Dan West, who worked for the Red Cross to feed hungry children during the civil war in Spain. Upon returning to the United States he came up with the idea to ship cows to Spain to provide milk for the hungry children, which resulted in an organization -- Heifer International <https://www.heifer.org/> -- which has saved and enriched millions of lives.

**Songs:**

☮ **One Person at a Time (2:56)** <https://lkwbetterworld.files.wordpress.com/2021/05/one-person-at-a-time.pdf>

♥ ☮ **Ripples and Starfish: a Song of Hope and Empowerment (3:52)**

<https://lkwbetterworld.files.wordpress.com/2021/05/ripples-and-starfish.pdf>

♥ ✓ ♦ ☮ **Who I Am Makes a Difference (1:46)** <https://lkwbetterworld.files.wordpress.com/2021/05/who-i-am-makes-a-difference.pdf>

♥ ☮ **Handle with Care (4:09)** <https://lkwbetterworld.files.wordpress.com/2021/05/handle-with-care.pdf>

**BONUS SONG "Cowboy Dan" by Andy Murray**, which tells about Dan West's work to help meet the needs of hungry people in our world. Recording and lyrics available at this link:

<https://betterworld.bandcamp.com/album/cowboy-dan-by-andy-murray>

**Related Children's Picture Books:**

**Beatrice's Goat** <https://www.google.com/search?q=beatrice%27s+goat&oq=beatrice%27s+goat&aqs=chrome..69i57.5336j0j4&sourceid=chrome&ie=UTF-8>

**The Seagoing Cowboy** <https://www.google.com/search?q=The+seagoing+cowboy&oq=the+seagoing&aqs=chrome..69i57j69i59.4262j0j7&sourceid=chrome&ie=UTF-8>

**Faith the Cow** <https://www.google.com/search?q=Faith+the+cow&oq=Faith+the+cow&aqs=chrome..69i57j69i61.6959j0j7&sourceid=chrome&ie=UTF-8>

☮ **STORY #5: "Taxi!"** <https://lkwbetterworld.files.wordpress.com/2021/05/story-5-taxi-chicken-soup-for-the-soul-stories-for-a-better-world.pdf>

**PLEASE NOTE:** While the following story does not include children or youth, it will provide for them a significant amount of engaging "food for thought" and discussion.

p. 294 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Sometimes just calling for a "Taxi!" can provide a profound lesson in tolerance and understanding for both the driver, Nur Ali, and the passenger!

**Songs:**

♥ ☮ **Another Word for PEOPLE (2:00)** <https://lkwbetterworld.files.wordpress.com/2021/05/another-word-for-people.pdf>

♥ ✓ ☮ **Eyes of Compassion: A Trauma-Informed Lens Song (1:33)**

<https://lkwbetterworld.files.wordpress.com/2021/05/eyes-of-compassion-a-trauma-informed-lens-song.pdf>

plus [YouTube video/ slide show of song with lyrics](https://www.youtube.com/watch?v=5_7Wik2gPfE) [https://www.youtube.com/watch?v=5\\_7Wik2gPfE](https://www.youtube.com/watch?v=5_7Wik2gPfE)

♥ ♦ ☮ **The Golden Rule Song (1:10)** <https://lkwbetterworld.files.wordpress.com/2021/05/the-golden-rule-song.pdf>

## ADDITIONAL STORIES in **Chicken Soup for the Soul: Stories for a Better World** which are linked with Songs in **✪ CARING AND CAPABLE KIDS ✪** [CaringandCapableKids.com](http://CaringandCapableKids.com)

PLEASE NOTE: This is a work in progress, with many more of the 100 stories to be added to this list in the near future. If you would like to receive an updated list of songs linked with stories in the Better World book, please don't hesitate to contact me! Linda K. Williams [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com) April 2021

### ☯ **The Endless Time Out** -- p. 90 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** In "The Endless Time Out," LeDayne McLeese Polaski shares how a mother learns the power of peaceful words with her toddler to end their string of conflicts.

**YouTube Reading of Story by 8-year-old Zimone 3:31**

<https://www.youtube.com/watch?v=fEr1xA3qCrU&list=PL4tCO3OQR1wTRSQHIGjcdHrE67wlb2wnj&index=8>

**Songs:** CCK, V1 **Handle with Care (4:09)** <https://lkwbetterworld.files.wordpress.com/2021/05/handle-with-care.pdf>

CCK, V2 **What if That Were Me? (1:48)** <https://lkwbetterworld.files.wordpress.com/2021/05/what-if-that-were-me.pdf>

C&Sh **Say it! Do it! (0:57)** <https://lkwbetterworld.files.wordpress.com/2021/05/say-it-do-it.pdf>

### ☯ **Compassion in a Preschool** -- p. 72 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** In Patty Zeitlin's story "Compassion in a Preschool," a compassionate adult is able to calm a toddler who appears to be having a violent tantrum; it turns out that she was scared and worried that her mother may not return.

**Songs:** CCK, V1 **Handle with Care (4:09)** <https://lkwbetterworld.files.wordpress.com/2021/05/handle-with-care.pdf>

CCK, V2 **I'll Listen (2:56)** <https://lkwbetterworld.files.wordpress.com/2021/05/ill-listen.pdf>

CCK, V2 **What if That Were Me? (1:48)** <https://lkwbetterworld.files.wordpress.com/2021/05/what-if-that-were-me.pdf>

### ☯ **No More Meanness** -- p. 300 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Nancy Sehested's story is about a group of four lively five-year-olds who were acting out the story of Moses and the Hebrew slaves leaving Egypt. After repeatedly refusing to "let the people go," the pint-sized Pharaoh decided to break from the script, declared, "I don't want to be mean anymore! All of you can go! Just go!"--- and left the stage with his arm draped around "Moses."

**Songs:** CCK, V2 **I'll Listen (2:56)** <https://lkwbetterworld.files.wordpress.com/2021/05/ill-listen.pdf>

CCK, V2 **What if That Were Me? (1:48)** <https://lkwbetterworld.files.wordpress.com/2021/05/what-if-that-were-me.pdf>

C&Sh **The Golden Rule Song (1:10)** <https://lkwbetterworld.files.wordpress.com/2021/05/the-golden-rule-song.pdf>

### ☯ **A Bully's Transformation in Room 7** --p. 140 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Kristin Krycia's story "A Bully's Transformation in Room 7" is about a school counselor who helped students stop bullying their classmates by letting them set small achievable goals and informing the parents of one student about his accomplishments.

**Songs:** CCK, V1 **No One is a Nobody (2:42)** <https://lkwbetterworld.files.wordpress.com/2021/05/no-one-is-a-nobody.pdf>

CCK, V1 **Handle with Care (4:09)** <https://lkwbetterworld.files.wordpress.com/2021/05/handle-with-care.pdf>

CCK, V2 **What if That Were Me? (1:48)** <https://lkwbetterworld.files.wordpress.com/2021/05/what-if-that-were-me.pdf>

C&Sh **The Golden Rule Song (1:10)** <https://lkwbetterworld.files.wordpress.com/2021/05/the-golden-rule-song.pdf>

**Additional resources:** "Don't Laugh at Me" song and picture book by Steve Seskin and Allen Shamblin

<https://www.youtube.com/watch?v=f7Dej4Gfkmc> shows the pages of the picture book.

For a Hip-Hop/ Rap version of "Don't Laugh at Me" by Baby Jay, BabyJayMusic.com, follow this link:

<https://www.youtube.com/watch?v=VjT9lhcp1E4>

Please note: Free curricula written to accompany "Don't Laugh at Me" is available,

<http://www.operationrespect.org/curricula/>

### ☯ **Labib's Cafe** -- p. 154 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Warren Lehrer and Judith Sloan's story "Labib's Café" tells how, five nights after 9-11, an Egyptian coffee shop is trashed by 4 attackers, causing a huge amount of damage. The owner chooses forgiveness and reconciliation instead of pressing charges.

**Songs:** CCK, V1 **Another Word for PEOPLE (2:00)** <https://lkwbetterworld.files.wordpress.com/2021/05/another-word-for-people.pdf>

CCK, V1 **Handle with Care (4:09)** <https://lkwbetterworld.files.wordpress.com/2021/05/handle-with-care.pdf>

### ☯ **Don't Just Do Something- Stand There!** p.226 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Mike's story is about times when we struggle with a decision between standing still and standing up for someone - or something we believe in.

**Song:** CCK, V2 **I'll Stand Up for Myself (2:06)** <https://lkwbetterworld.files.wordpress.com/2021/05/ill-stand-up-for-myself.pdf>

**Michael Stern's song, "Stand Up" (listen or download)** <https://music.apple.com/us/album/stand-up/1495557216>

**view or download printed music** (see page 5) at <https://bpub.com/MS/documents/BPP-MSSU> [Preview.pdf](#)

### ☯ **A Gift of Peace for the Homeless Heart** -- p. 5 in the book **Chicken Soup for the Soul: Stories for a Better World**

**Story synopsis:** Kevin Rones' story is "A Gift for the Homeless Heart" is about a guitarist who brings comfort and hope for a homeless woman through his music. **To enjoy Kev's versatile talents, here is his website:** <http://www.kevmusic.com/>

**Song:** CCK, V1 **Ripples and Starfish (3:52)** <https://lkwbetterworld.files.wordpress.com/2021/05/ripples-and-starfish.pdf>