

Bye, Bye Thoughts

Thoughts, thoughts, thoughts
Floating through my mind
Just like clouds floating through the sky

That cloud looks like a puppy
It's so tiny and funny
Watch them pass up high
Bye, bye thoughts
Wave to the puppy bye, bye

Thoughts, thoughts, thoughts
Floating through my mind
Just like clouds floating through the sky

That cloud looks like a unicorn
It has such a sparkly horn
Watch them pass up high
Bye, bye thoughts
Wave to the unicorn bye, bye

Thoughts, thoughts, thoughts
Floating through my mind
Just like clouds floating through the sky

That cloud looks like ice cream
Chocolate, vanilla, cookies and cream
Watch them pass up high
Bye, bye thoughts
Wave to the ice cream bye, bye

Thoughts, thoughts, thoughts
Floating through my mind
Just like clouds floating through the sky

That cloud's a sleeping dinosaur
It's so loud when it snores
Watch them pass up high
Bye, bye thoughts

Shhhhh...don't wake the dinosaur

Wave to the dinosaur bye, bye
Bye, bye, bye
Bye, bye, bye
Bye, bye, bye

Together We're Beautiful

I am who I am (I trust myself)
I am who I am (I am brave)
I am who I am (I am so thankful)

I look around and nobody looks exactly like me
We all have eyes we all have mouths and noses and teeth
Our bodies are different, they're not the same
My skin looks different than yours and that's okay

I am who I am (I am loving and kind)
I am who I am (I accept myself)
I am who I am (It's okay to make mistakes)

Do do do do do
Just like the rainbow
La da di da da
Together we're beautiful
Yes, yes, yes
We're all beautiful

My ideas are different than your ideas
That's okay I'll listen to you with open ears
Our brains are different, they're not the same
We all have different thoughts and that's okay

I am who I am (I believe in myself)
I am who I am (I love being me)
I am who I am (I have so many talents)
I am who I am (I am a caring friend)
I am who I am (I am so loved)
I am who I am (I'm beautiful inside and out)

Do do do do do
Just like the rainbow
La da di da da
Together we're beautiful
Yes, yes, yes
We're all beautiful
We're all beautiful
We're all beautiful

I Am

I am a flower
I am a tree
These things are in me

I am the sun
I am the sky
In me these things lie

I am the snow
I am the mountain
They are within

I am the river
I am the sea
These things are in me

I am the birds
I am the butterflies
In me these things lie

I am the rain
A fishes fin
These things lie within

I am a flower
I am a tree
These things are in me

I'm a part of everything I see
The world is part of me

If I take care of all of all I see
I take care of me

Trees

The purple of the trees they speak to me
The purple of the trees they speak to me
And if they could walk out of their bodies
Would they see in me what I see in trees?

The grass under my feet they tickle me
The grass under my feet they tickle me
And if they could smile for a while
Would they try and fly away to the sky?

Look all around so much can be found
Look all around so much can be found
Look all around so much can be found

The moon above me grins at me fondly
The moon above me grins at me fondly
And if it could bounce from star to star
Do you think it would go very far?

Look all around so much can be found
Look all around so much can be found
Look all around so much can be found

Mr. Bear

I'm Mr. Bear and I don't want to share
Why does anybody even care?
I'm Mr. Bear and I don't want to share
Why does anybody even care?

Hey, Mr. Bear, it's me the Blue Birdie
A storm knocked down my tree I'm really hungry
Hey, Mr. Bear, I know you never share
But I have no home and I'd really love to eat

I'm Mr. Bear and no I never share
This food is mine I've collected it all year
I'm Mr. Bear and no I will not share
I've worked hard for my food, so there

Oh Mr. Bear, can you find it in your heart
To give a little tiny Birdie something?
I know we're different, and we aren't really friends
But you have so much and I have nothing
And I'm tired
And I'm cold
And so sad
I guess I'll go

Wait! I'm Mr. Bear and no I never share
But you're right I have so much to spare
Here little Birdie take some food from me
Wow, saying that, it makes me feel so happy
I never thought that sharing was so easy
Inside my heart it feels good to give to birdie

Thank you Mr. Bear I am so happy
Come Birdie and have a feast with me
Now I won't be so hungry
Thank you Birdie, I helped you and you helped me

Monkey Brain

When you wake up, can you just think about waking up?
When you wake up, can you just think about waking up?

Thoughts don't you run away
No, thoughts don't you run away
Don't think about yesterday
Yesterday's already gone
Tomorrow's too far away

It's so hard I have monkey brain
My brain's like a monkey
Swinging from branch to branch
Thinking whenever I get the chance

When you're eating lunch, just think about eating
When you're eating dinner, just think about eating

Thoughts don't you run away
No, thoughts don't you run away
Don't think about yesterday
Yesterday's already gone
Tomorrow's too far away

It's so hard I have monkey brain
My brain's like a monkey
Swinging from branch to branch
Thinking whenever I get the chance
I can't stop swinging from branch to branch
Thinking whenever I get the chance

When you're falling asleep, just think about sleeping
When you're falling asleep, just think about sleeping

Thoughts don't you run away
No, thoughts don't you run away
Don't think about yesterday
Yesterday's already gone
Tomorrow's too far away

It's so hard I have monkey brain
My brain's like a monkey
Swinging from branch to branch
Thinking whenever I get the chance
I can't stop swinging from branch to branch
Thinking whenever I get the chance
I can't stop swinging from branch to branch
Thinking whenever I get the chance

Wishing Tree

One bird alone up in the wishing tree
Smiled and said,
“I wish a friend would join me”

Two birds together in the wishing tree
Smiled and said,
“Oh, we wish we were three”

Three birds together in the wishing tree
Smiled and said,
“Four we wish that we could be”

Four birds together in the wishing tree
Smiled and wished
They could see a fifth birdie

Five birds together in the wishing tree
Wishing that all beings
Everywhere were free

They wished everyone opened their eyes to see
That all creatures, humans, plants, animals, trees
Could live happily
In peace and harmony
And could be as happy

As five birds in the wishing tree

Hugging Words

How can we be kind to our friends?
We can say nice words to them
And when we say nice words to them
It's like giving them a big, big hug
It's like giving them a big, big hug

But we can also hurt our friends
If we say mean words to them
And If we say mean words to them
It's like pushing them or hitting them
It's not being nice to them

Let use lots of hugging words and never ever use hurting words
Let use lots of hugging words and never ever use hurting words

Instead of shouting, "Give me that!"
How about, "Please may I have that when you are done?"
Instead of screaming, "No! You can't play with us!"
How about, "Of course you can play! Anyone can play with us!"
Instead of yelling, "Stop it!" When you don't like something
Say, "That's bothering me, can you please stop?"
Don't forget to always say, "Thank you" when someone does something nice for you
And always make sure to say, "Please" if you would like something

Let use lots of hugging words and never ever use hurting words
Let use lots of hugging words and never ever use hurting words

How can we be kind to our friends?
We can say nice words to them

Love Inside My Heart

There is love inside my heart
There is love inside my heart
And I'm sending all this love
To myself from my heart

"Uh oh! Our love is spreading! Where is it spreading to?"
"It's spreading to my shoe!"

There is love inside my shoe
There is love inside my shoe
And I'm sending all this love
To you from my shoe
And to myself from my heart

"Uh oh! My love is spreading! Where is it spreading to now?"
"Now the love is in my pinky!"

There is love inside my pinky
There is love inside my pinky
And I'm sending all this love
To my family from my pinky
And to you from my shoe
And to myself from my heart

"Uh oh! Our loves is spreading! Where is it spreading to now?"
"My knees!"

There is love inside my knees
There is love inside my knees
And I'm sending all this love
To the trees from my knees
And to my family from my pinky
And to you from my shoe
And to myself from my heart

"Uh oh! Our loves is spreading! Where is it spreading to now?"
"Now the love is spreading to my eyes!"

There is love inside my eyes
There is love inside my eyes
And I'm sending all this love
To the butterflies from my eyes

And to the trees from my knees
And to my family from my pinky
And to you from my shoe
And to myself from my heart

“Uh oh! Our love is spreading! Where is it spreading to now?”
“My thumb!”

There is love inside my thumb
There is love inside my thumb
And I’m sending all this love
To everyone from my thumb
And to the butterflies from my eyes
And to the trees from my knees
And to my family from my pinky
And to you from my shoe
And to myself from my heart

“Uh oh, our love is spreading to our whole bodies now! We are so full of love. Let’s make sure to take this love with us wherever we go from now on!”

Be Still

Be still
Sit silently
Being still you will be free

Be still
Silently sit
Being still you will be free

Chirp, Chirp

Animal sounds layer in this order:

Chirp

Ribbit

Meow

Cock-a-doodle-do

Oink

All Our Voices

If all our voices
If all our voices
Come together
Come together
You can hear us
You can hear us
Yes, You can hear us
Yes, You can hear us
And if our voices
And if our voices
Become louder
Become louder
You can hear us
You can hear us
Even clearer
Even clearer

If all our voices
If all our voices
Come together
Come together
You can hear us
You can hear us
Yes, You can hear us
Yes, You can hear us
And if our voices
And if our voices
Become stronger
Become stronger
We can have
We can have
All of our dreams
All of our dreams

If all our voices
Come together
You can hear us
Yes, you can hear us
And if our voices
Become stronger
We can have
All of our dreams
All of our dreams
We can do anything

What Do I Feel?

What do I feel? How do I feel?
What does my body feel?
What do I feel inside today?
What do I feel inside today?

Well, today I feel excited
So I guess I should sit on a couch, right?
Sit on a couch? Sit on a couch when I'm excited?
No!

My body wants to jump up and down
I want to clap, I want to say, "Yay!"
My excited body wants to jump today
My excited body wants to jump today

Well, today I feel sad
So I guess I should pretend that I'm happy, right?
Pretend that I'm happy, when I feel sad?
No, I want comfort!

My sad body wants a hug, I want comfort
I want to cry, I feel heavy
My sad body wants a hug today
My sad body wants a hug today

Well, today I feel angry
So I guess I should say nothing, right?
Say nothing? When I'm angry? That wouldn't be good!

My angry body wants to shout, I want to stomp,
I want to say, "That's not fair!"
My angry body wants to shout today
My angry body wants to shout today

Well, today I feel lonely
So I guess I should lock myself in my room, right?
Lock myself in my room? When I'm feeling lonely?
No!

My lonely body wants to find a friend
I want to play a game, I want to sing a song
My lonely body wants to find a friend today

My lonely body wants to find a friend today

Well, today I feel happy

So I guess I should smile at my friends, right?

Smile? Really big? At my friends? Hmm... what do you think?

I think that sounds like a great idea!

My happy body wants to smile, really big

It wants give a lot of hugs

My happy body wants to smile today

My happy body wants to smile today

What do I feel? How do I feel?

What does my body feel?

What do I feel inside today?

Two of Us

Take my hand if you're in trouble we'll do it together
Take my hand if you're in trouble we'll do it together
Two of us is better than one
With two of us we can do anything under the sun

Take my hand if you're in trouble we'll do it together
Take my hand if you're in trouble we'll do it together
Two of us is better than one
With two of us we can do anything under the sun

Take my hand if you're in trouble we'll do it together
Yes, we'll do it together

Check In

It's time to check in
Time to check in
It's time to check in
Let's begin

Are you in your mind?
You can choose how you feel, act, and think
You're in control of your emotions
Are you in your mind?
Listening to your own thoughts? Not the thoughts of others?

Or are you out of your mind?
Screaming, and fighting, and pushing, and biting?
Or are you out of your mind?
She's right her toy is bigger and better
Her toy is even wearing a sweater

Are you in your mind?
Believing in yourself? You can do whatever you put your mind to
Are you in your mind?
Is your heart filled with love and respect for everyone? Even cockroaches? Ew!

Or are you out of your mind?
I can't be what I want to be I'm not good at anything!
Or are you out of your mind?
Stepping on ants and spiders so small
It doesn't matter they're tiny, they crawl

Are you in your mind?
Breathing in and breathing out, feel it in your heart and belly
Are you in your mind?
Right here, right now, in this very moment?

Or are you out of your mind?
I can't catch my breath, I've been huffing and puffing
And feel turkey stuffed with stuffing!
Or are you out of your mind?
Oh no! What do I need to do later?
Yesterday I forgot to catch that alligator! Uh oh!

Remember to check in
Remember to check in
Remember to check in
As much as you can

10 White Doves

There were ten white doves
Spreading their love
One said, "I'm gonna fly away and give Mr. Fish some more food on his dish!"

There were nine white doves
Spreading their love
One said, "I'm gonna fly away and give Ms. Goat a brand new coat!"

There were eight white doves
Spreading their love
One said, "I'm gonna fly away and build Mr. Mouse a brand new house!"

There were seven white doves
Spreading their love
One said, "I'm gonna fly away and knit Ms. Cat a warm winter hat!"

There were six white doves
Spreading their love
One said, "I'm gonna fly away and help Mr. Bear fix his old chair!"

There were five white doves
Spreading their love
One said, "I'm gonna fly away and give Ms. Ladybug a big, big hug!"

There were four white doves
Spreading their love
One said, "I'm gonna fly away and bake Mr. Snake a yummy birthday cake!"

There were three white doves
Spreading their love
One said, "I'm gonna fly away and give Ms. Duck some very good luck!"

There were two white doves
Spreading their love
One said, "I'm gonna fly away and help Mr. Sheep put his kids to sleep!"

There was one white dove
Spreading her love
She said, "I'm gonna stay right here and sing a happy song that everyone will hear!"

Peaceful Place

Close your eyes and breathe in deep
Think of a peaceful place where you'd like to be
A place where you can feel safe and loved
A place where you can be whatever you want

Your peaceful place can be real or imagined
Think of how you feel and what surrounds you
Right now you feel calm and happy
You can be whatever you want to be
You can come back whenever you want
Yes, you can come back whenever you want

Look around and what do you see?
What do you smell when you breathe in deep?
What do you hear when you listen carefully?
What can you touch when you reach out your hands?

Your peaceful place can be real or imagined
Think of how you feel and what surrounds you
Right now you feel calm and happy
You can be whatever you want to be
You can come back whenever you want
Yes, you can come back whenever you want

Here you can relax
You can be still
Here you can breathe and be yourself
Take a break, some time to be alone
You can come here at school or at home

Your peaceful place can be real or imagined
Think of how you feel and what surrounds you
Right now you feel calm and happy
You can be whatever you want to be
You can come back whenever you want
Yes, you can come back whenever you want

Thank You

I'm thankful for my hair, my ears and mouth, eyes, and nose
Arms and legs, my fingers and my toes
I'm thankful for my organs, my brain, and lungs, and heart
My stomach and my skin, and that's just a start

Thank you body
Thank you body
For everything on the outside and inside

I'm thankful for my family, my teachers, and my friends
Thankful for my grandparents and cousins
I'm thankful for the garbage men and the firefighters
Crossing guards, police women, and bus drivers

Thank you family
Everyone in my community
For everything you do for me

I'm thankful for the grass, the dirt, the trees, and flowers
Streams and lakes, oceans, and the rivers
I'm thankful for the sky, the moon, and stars, and rainbows
Wind and sun, clouds, and snow

Thank you world
Thank you nature
For everything you so kindly give

I'm thankful for the animals, the birds, and cats, and dogs
Thankful for the ducks and the frogs
I'm thankful for the snails, the dolphins, and the lobsters
Thankful for the spiders and grasshoppers

Thank you animals
Thank you creatures
For everything you do for our earth

Thank you, thank you
Thank you, thank you
Thank you, thank you

Listening Within

I can choose how I feel, how I act, and what I think
I'm in control of my situation
Listening within

Now I'm mad, I might not be so mad later
I have the choice make myself feel so much better
Now I'm sad, I might not be so sad later
I have the choice to make myself feel so much better

I can choose how I feel, how I act, and what I think
I'm in control of my situation
Listening within

Some things change
Some things stay the same

I am happy, I want to sing and play
I have the choice to feel this way all day
I am calm, this way I'm going to stay
I have the choice to feel this way any day

I can choose how I feel, how I act, and what I think
I'm in control of my situation
Listening within

Some things change
Some things stay the same

Some things change
Some things stay the same
Some things stay the same

One Step At A Time

Walk, walk, walk, walk
One step, two step, three step, four
One step, two step, three step, four
One step at a time
See what you can find
With one step at a time

Walk, walk, walk, walk
One step, two step, three step, four
One step, two step, three step, four
One step at a time
What is on your mind?
With one step at a time

Breathe In, Breathe Out

Breathe in, breathe out
Breathe in, breathe out
Breathe in, breathe out
Breathe in, breathe out

Open your heart
Feel love in your heart
Open your heart
And let the love in
Yes, let the love in

Breathe in and notice your body
Breathe in and calm your body

Open your heart and let others in
Open your heart and let everyone in
Yes, let everyone in

When we all breathe in
We can see the world around us
When we all breathe in we can stop
And love the world around us
And love the world around us

Open your heart
And let kindness in
Open your heart
Be kind to all creatures
Be kind to all plants
Be kind to all people
Be kind to everything
Be kind to everything

Breathe in, breathe out
Breathe in, breathe out
Breathe in, breathe out
Breathe in, breathe out

Let the love in
Let the love in
Let the love in