

Frogs And Birds

Words & music by Lindsay Munroe

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**I really like frogs
I think they're the best animal there ever was
I really like frogs,
I can tell you all about them
But when talking with a friend
It's kind to ask: Hey, what animal do you like?**

**Gee thanks for asking about me
Birds are my favorite you see
They're so happy and chirpy
And flying free
Yes birds are the animal for me**

**It's kind to think of others when you talk
Ask them what they like
Ask them for their thoughts
It's a good way to show you care
And be aware
Of others' feelings**

**I like to draw frogs
Green is the best color that there ever was
I like to draw green frogs
I can talk about green crayons
But when talking with a friend
It's kind to ask: Hey, what color do you like?**

**Gee thanks for asking about me
Blue is my favorite you see
Blue is the color of my birds and the sky
So blue is my favorite, that's why**

**It's kind to think of others when you talk
Ask them what they like
Ask them for their thoughts
It's a good way to show you care
And be aware
Of others' feelings**

**I wanted the green crayon from the box
But then I had a thought:
I know just what to do
Today I'll choose blue
And draw a bird for you**

**Gee thanks for thinking of me
I really like this picture, you see
I have a surprise for you too
I drew a frog for you**

**It's kind to think of others in many ways
Remember what they like
Remember what they say
It's a good way to show you care
And be aware
Of others' feelings**

Faces Show Our Feelings

Words & music by Lindsay Munroe

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**My face shows how I'm feeling
I smile when feeling happy
I frown when feeling down**

**My face shows how I'm feeling
My eyes are open wide, when I feel surprised
Your face shows feelings too
I look to you**

**Because your face shows how you're feeling
When you smile I know you're happy
When you frown I know you're down**

**When you bite your lower lip it means you're nervous
And when one eyebrow lifts you're curious
When your eyebrows join together
You may be furious**

**Our faces show our feelings
We smile when we are happy
We frown when feeling down**

**Our faces show our feelings
We look to one another, watch faces to discover
Our feelings**

You Are My Sunshine

Trad., adapted by Lindsay Munroe

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**You are my sunshine, my only sunshine
You make me happy, when skies are grey
I hope you know dear, how much I love you
You keep me smiling every day**

**You are my sunshine, my only sunshine
You make me happy, when skies are grey
I think you know dear, how much I love you
You make me happy every day**

Feelings Like The Weather

Words and music by Lindsay Munroe

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**I look up at the sky
And I wonder why
I feel so blue
I watch rain clouds goin' by
And I start to cry
I feel sad too**

**Just like the weather
Feelings don't stay forever
Rain clouds pass
Sun will shine
And I'll feel better in time**

**I can handle all my feelings
I can feel them deeply
Then let them go
I watch them float away like clouds
Clouds in the sky
I say goodbye**

**Just like the weather
Feelings don't stay forever
Rain clouds pass
Sun will shine
And I'll feel better in time**

**Feelings come and feelings go
Take a breath and like the wind blow
Clear the clouds of sorrow away
It's a happy sunny day!**

**I look up at the sky
The sun it brightly shines
I'm so glad today
Happy from my head down to my feet
I smile at everyone I meet
I dance my cares away**

**Just like the weather
Feelings don't stay forever
Rain clouds pass
Sun will shine
And I'll feel better in time**

Little Bird On My Window

Trad., adapted by Lindsay Munroe

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**Little bird on my window
Won't you sing me a song
As you fly over meadows
Won't you bring me along**

**La la laaaa la la laaaa
La la la la la laaaaaaa
La la laaaa la la laaaa
La la la la la laaaaaaa**

**There are beautiful flowers
To be seen from up high
Won't you please take me with you
Little bird as you fly**

La la laaaaaa...

**Little bird on my window
May your song never end
I will tell you a secret
You're my very best friend**

La la laaaaaa...

Flexible and Easygoing

Words and music by Lindsay Munroe

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**Today I walked into my classroom at school
My teacher's out we have a substitute
Oh no I don't know what to do
Suddenly I feel so blue**

**I feel myself getting upset
Then I remember not to fret
'Cause things can change
Without me knowing
But I can be flexible and easygoing
Yeah I can be flexible and easygoing**

**It's the same routine day after day
Each afternoon I go outside to play
But now the rain is falling and the sky is grey
I have to play inside today**

**I feel myself getting upset
Then I remember not to fret
'Cause things can change
Without me knowing
But I can be flexible and easygoing
Yeah I can be flexible and easygoing**

I See You

Words & music by Raffi

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**I see you, I hear you
And I respond to what you do and say
I hear you, I see you
I do**

**You see me, you hear me
And you respond to what I do and say
You hear me, you see me
You do**

**Winter, summer, spring and fall
Caring keeps us through the seasons
Rainy days or brilliant sunshine
We'll be there and show we care**

**I see you, I hear you
And I respond to what you do and say
I hear you, I see you
I do, I do**

The Ally Song

Words & music by Lindsay Munroe

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**I can be an ally
An ally is a friend
Who is kind to others
Different from them
Everyone deserves respect
We're not all the same
There is no shame
In being just the way you are**

**I'll stand up, (stand up)
No not from a chair
I mean be aware, show you care
Be there as a friend**

**I can be an ally
An ally is a friend
Who listens to others
Different from them
Everyone deserves respect
And deserves a friend
Even if we're different from them**

**And we'll stand up (stand up)
When we see something wrong
You can be an ally too
Your caring heart is oh so strong**

**We'll stand up (stand up)
No not from a chair
I mean be aware, show you care
And be there as a very kind friend**

Conversations

Words and music by Lindsay Monroe
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**Conversations are meant for two
If I speak first
Then I'll look to you
And I will listen
I will listen to you
Yes, I will listen**

**Conversations are meant for two
You can speak first
Then I'll have a turn too
And you will listen
You will listen to me**

**When I have something to say
It's good to know you'll look my way
And you can hear me**

**When you have something to say
You'll be glad that I'll look your way
And I can hear you too
Conversations are meant for two**

**I and you, we will listen
Conversations are meant for two**

**Ooooo ooooo... meant for two
Ooooo ooooo...**

If I Knew You Were Coming

Words and music by Al Hoffman, Bob Merrill, Clem Watts
© 1950 by Robert Music Corp., New York

**If I knew you were comin' I'd've baked a cake,
Baked a cake, baked a cake
If I knew you were comin' I'd've baked a cake
Howdya do, howdya do, howdya do?**

**Had you dropped me a letter, I'd a-hired a band,
Grandest band in the land
Had you dropped me a letter, I'd a-hired a band
And spread the welcome mat for you**

**Oh, I don't know where you came from
'Cause I don't know where you've been
But it really doesn't matter
Grab a chair and fill your platter
And dig, dig, dig right in**

**If I knew you were comin' I'd've baked a cake,
Baked a cake, baked a cake
If I knew you were comin' I'd've baked a cake
Howdya do, howdya do, howdya do?**

**If I knew you were comin' I'd've baked a cake,
Baked a cake, baked a cake
If I knew you were comin' I'd've baked a cake
Howdya do, howdya do, howdya do?**

**Had you dropped me a letter, I'd a-hired a band,
Grandest band in the land
Had you dropped me a letter, I'd a-hired a band
And spread the welcome mat for you**

Oh, I don't know where you came from
'Cause I don't know where you've been
But it really doesn't matter
Grab a chair and fill your platter
And dig, dig, dig right in

If I knew you were comin' I'd've baked a cake,
Hired a band, goodness sake!
If I knew you were comin' I'd've baked a cake
Howdya do, howdya do, howdya do?
Howdya do, howdya do, howdya do?
Howdya do, howdya do, howdya do?

Very Funny Things

Words and music by Lindsay Monroe
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**My teacher said it's a piece of cake
I looked around I didn't see a cake
And I said what, whatever do you mean**

**She said it's a piece of cake
It's just another way to say it's easy
And I said oh I see
It's a piece of cake means it's easy
Sing it with me now
It's a piece of cake means it's easy**

**My teacher said hold your horses
I looked around I don't have any horses
And I said what, whatever do you mean**

**She said hold your horses
It's just another way to say wait a minute please
And I said oh I see
Hold your horses means wait a minute please
Sing it with me now
Hold your horses means wait a minute please**

**My teacher said it's raining cats and dogs
I looked around I only see raindrops
And I said what, whatever do you mean**

**She said raining cats and dogs
It's just another way to say it's really raining
And I said oh I see
Raining cats and dogs means it's really raining
Sing it with me now
Raining cats and dogs means it's really raining**

**My teacher says very funny things
And now I know what they really mean
Hold your horses means wait a minute please
Piece of cake means it's easy
It's easy**

Take A Breath

Words & music by Raffi

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When I'm not doing fine, I keep this in mind
I can take a breathe or two,
When I want to feel well, I can be still,
I can take a breathe or two.
Breathing in... breathing out...
Breathing in... breathing out...
When I'm sitting still, I can be fine,
Breathing in and out. (in breath, out breath.)

When I'm not doing fine, keep this in mind,
I can sing a song or two.
When I want to be well, I can be still,
Hum and sing a song or two.
La da da... hmm hmm hm.

When I'm not doing fine, I keep this in mind,
I can move my arms around.
When I want to be well, I can be still &
I can move my arms around.

To change how I feel, I keep this in mind:
I can take a breath, I can hum a song,
I can move my arms and feel alright.
(in breath, out breath.)

Where There Is Love

Words & music by Raffi

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**We all need a place to call home
With our laughter, our joy and our song
To thrive with the old and the young
A community caring and strong**

**Where there is love, where there is love
Where there is love we belong
Where there is love, where there is love
Where there is love we belong**

**A rainbow of colours and faces
A chorus of comforting voices
Sights and sounds for our minds and hearts
In the places we feel we belong**

**Where there is love, where there is love
Where there is love we belong
Where there is love, where there is love
Where there is love we belong**

**Where there is love, where there is love
Where there is love we belong
Where there is love, where there is love
Where there is love we belong**

Happy Trails

Words and music by Dale Evans

© 1952 Sony/ATV Harmony

o/b/o Paramount Roy Rogers Music Co.

**Happy trails to you, until we meet again
Happy trails to you, keep smilin' until then
Who cares about the clouds when we're together?
Just sing a song and bring the sunny weather
Happy trails to you, 'till we meet again**

**Some trails are happy ones
Others are blue
It's the way you ride the trail that counts
Here's a happy one for you**

**Happy trails to you, until we meet again
Happy trails to you, keep smilin' until then
Who cares about the clouds when we're together?
Just sing a song and bring the sunny weather
Happy trails to you, 'till we meet again**