

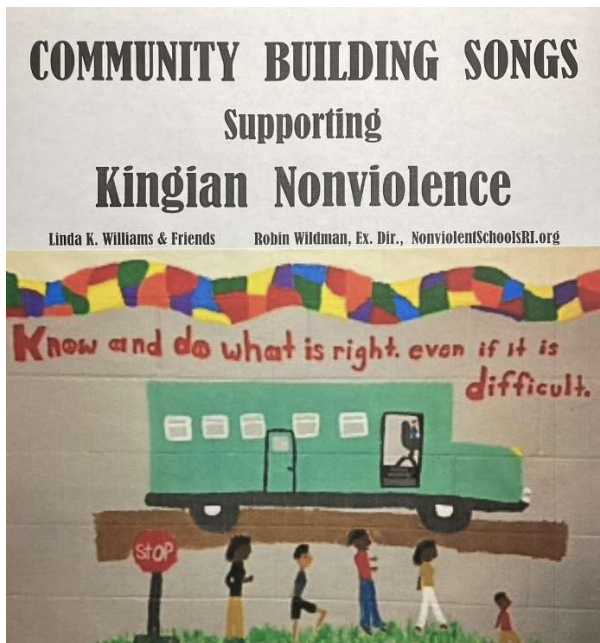
COMMUNITY BUILDING SONGS

to Support the Kingian* Nonviolence Curriculum

<https://betterworld.bandcamp.com/album/community-building-songs-to-support-the-kingian-nonviolence-curriculum>

by [Linda K Williams](#) Download Digital Album or individual songs -- name your price; (\$0.00) is welcome if helpful!

PDF Revised April 21, 2023 with 3 new videos: **PLEASE ENJOY VIDEOS FOR SONGS 1, 3, 4, 5, 18, AND 19!**



About the album:

Kingian* ("KING-ee-in") Nonviolence is a training curriculum that was developed by Dr. Bernard LaFayette Jr. and David Jehnsen, created out of the teachings of Dr. Martin Luther King Jr. and the organizing strategies of the Civil Rights Movement based on a conversation that took place just hours before his assassination. On the morning of April 4th, 1968, King called out to Dr. LaFayette, then the national coordinator of the Poor People's Campaign, that their next movement had to be to "institutionalize and internationalize nonviolence." This training is the result of that conversation.

Please visit <https://nonviolentschoolsri.org/kingian-nonviolence> for information about efforts to use Kingian Nonviolence to create nonviolent schools, and please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

COMMUNITY BUILDING CIRCLE TOPICS: Each song is accompanied by 2 or more "Think and Share Invitations" – AKA Circle Topics—which can be powerful conversation starters in Community Building Circles, intergenerational conversations, and/or journal-writing.

GUITAR CHORDS?

If you would love to have guitar chords to better use these songs, please contact Linda at LKW_BetterWorld@yahoo.com

I greatly appreciate the generous efforts and talents of these people in the creation of the songs offered here – and who graciously approved offering the downloads for free:

* Robin Wildman, who actively participated in the crafting of the lyrics for songs #'s 3, 4, and 5

* Andy and Terry Murray, who recorded and produced songs #'s 10, 13, 20, and, with JK Keller's vocals, song #21; Andy also wrote and produced song #25.

* Patricia Mikkelson, who recorded and produced songs #'s 8, 12, 15, and 22; Patricia also wrote and produced song #24.

PLEASE NOTE: 5 SONGS IN SPANISH ARE INCLUDED IN THIS ALBUM:

¡MIL GRACIAS! to the Spanish-speakers who contributed their talents to the translations of songs #'s 2, 11, 17, 19, and 21 -- Samantha Cabrera, Bianca Del Río, Francisco Carbajal, Dr. Gloria Díaz, Martín Hernández, JK Keller, Silvia Madrigal, Evelin Molina, Carmen Rodríguez, Brianda Vargas

1. THE SIX PRINCIPLES OF KINGIAN NONVIOLENCE + Music Video (To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album") 03:16
2. SPANISH --LOS SEIS PRINCIPIOS DE LA NOVIOLENCIA KINGIANA / The Six Principles of Kingian Nonviolence 03:42
3. THREE LEVELS OF CONFLICT - a Kingian Nonviolence Song + Music Video (To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album") 01:57
4. THREE TYPES OF POWER - a Kingian Nonviolence Song + Music Video (To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album") 01:59
5. SIX STEPS OF RECONCILIATION - a Kingian Nonviolence Song + Music Video (To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album") 03:53

6. SETTING POSITIVE INTENTIONS: "I am Healthy, Happy, Safe, and Loved" + "This Little Light of Mine" 01:07
7. PLEDGE of Nonviolence Song 00:36
8. PRINCIPLE 1. Nonviolence is a way of life for brave people. SONG: "I'll Stand up for Myself" 02:06
9. PRINCIPLE 2. The Peaceful Community is the goal for the future. SONG: "Handle with Care" 04:09
10. PRINCIPLE 3. Attack problems, not people. SONG: "It's Us against the Problem, not Me against You" 02:42
11. SPANISH -- Juntos Contra el Problema, no Yo contra Ti / It's Us Against the Problem, not Me against You 02:24
12. PRINCIPLE 4. Know and do what is right, even if it is difficult. SONG: "I've Got to Talk to Them" 03:01
13. PRINCIPLE 5. Avoid hurting the spirit and body of yourself and others. SONG: "No One is a Nobody" 02:42
14. PRINCIPLE 6. The universe is on the side of justice. SONG: "Ripples and Starfish: A song of Hope and Empowerment" 03:52
15. SETTING POSITIVE INTENTIONS: "I'll Picture Myself Succeeding" 02:39
16. SETTING POSITIVE INTENTIONS: "To Be the Best Me" 03:51
17. SPANISH: Para Ser el Mejor Yo / To Be the Best Me 03:15
18. WHAT DOES THIS STUDENT NEED OR WANT?: "Eyes of Compassion" - A Trauma-Responsive Lens Song and Slideshow 01:35
19. SPANISH -- "Ojos de Compasión" / "Eyes of Compassion" - A Trauma-Responsive Lens Song and Slideshow in Spanish 01:36
20. DE-ESCALATION / FEELINGS: "If You're Angry and You Know It" + Link to More Songs and Resources 02:14
21. SPANISH -- Si te Enojas y lo Sabes / If You're Angry and you Know It 01:37
22. DE-ESCALATION / FEELINGS: It's Okay to Feel 02:14
23. DE-ESCALATION / FEELINGS: I'm Dealing with my Feelings 02:44
24. CONFLICT RECONCILIATION: I'll Listen 02:56
25. CONFLICT RECONCILIATION: What if That Were Me? 01:48
26. CONFLICT RECONCILIATION: Can You Put Yourself in Someone Else's Shoes? 01:19
27. CONFLICT RECONCILIATION: Face to Face, Side by Side 02:50

1. THE SIX PRINCIPLES OF KINGIAN NONVIOLENCE 03:16

Link for recording: [THE SIX PRINCIPLES OF KINGIAN NONVIOLENCE + Music Video \(To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album"\) 03:16](#)

Or, click here to see the VIDEO: <https://www.youtube.com/watch?v=jEoTb6bXoeM>

This song is from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

Please visit <https://nonviolentschoolsri.org/kingian-nonviolence> for information about efforts to use Kingian Nonviolence to create nonviolent schools, and please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6iMLwENsAks1DDSO_A

Tune and Refrain: "We Shall Overcome"

Lyrics copyright 2022 by Linda K. Williams Lyrics written by Linda K. Williams based on Robin Wildman's Kingian Nonviolence Curriculum

1. Nonviolence is a way of life for brave people.

Nonviolence is a way of life for brave people.

Refrain: Oh, deep in my heart, I do believe that we shall overcome some day.

2. The Peaceful Community is the goal for the future.

The Peaceful Community is the goal for the future.

Refrain: Oh, deep in my heart, I do believe that we shall overcome some day.

3. Attack problems, not people.

Attack problems, not people.

Refrain: Oh, deep in my heart, I do believe that we shall overcome some day.

4. Know and do what is right, even if it is difficult.

Know and do what is right, even if it is difficult.

Refrain: Oh, deep in my heart, I do believe that we shall overcome some day.

5. Avoid hurting the spirit and body of yourself and others.

Avoid hurting the spirit and body of yourself and others.

Refrain: Oh, deep in my heart, I do believe that we shall overcome some day.

6. The universe is on the side of justice.

The universe is on the side of justice.

Refrain: Oh, deep in my heart, I do believe that we shall overcome some day.

Think and Share Invitations

Think about the 6 Principles of Kingian Nonviolence from the song:

* Which principle is the easiest one for you to put into action in your own life, and why?

* Which principle is the most difficult one for you to put into action in your own life, and why?

* What happened when you did your best to put one or more of the principles into action?

* How did you feel when you saw the difference it made in a difficult situation to put one or more principles into action?

* When did you see someone else putting the principles into action, and how did that change a difficult situation?

TO ENJOY THE ORIGINAL SONG:

* Pete Seeger leading a large group singing: <https://www.youtube.com/watch?v=2b24Ewk934g>

"We Shall Overcome" is a gospel song which became a protest song and a key anthem of the civil rights movement. Lyrics derived from Charles Tindley's gospel song "I'll Overcome Some Day" (1900), and opening and closing melody from the 19th-century spiritual "No More Auction Block for Me" (a song that dates to before the Civil War). According to Professor Donnell King of Pellissippi State Technical Community College (in Knoxville, Tenn.), "We Shall Overcome" was adapted from these gospel songs.

Link to recording with On Earth Peace's (adult) version of 6 Principles of Kingian Nonviolence:

<https://betterworld.bandcamp.com/track/kingian-nonviolence-song-6-principles> For more information, and for access to trainings, please click here:

<https://www.onearthpeace.org/knv> As shared on the On Earth Peace website, "Kingian Nonviolence is a philosophy and methodology -- with knowledge, skills, and motivation people can use to apply peaceful strategies for solving personal and community problems."

2. SPANISH – LOS SEIS PRINCIPIOS DE LA NOVIOLENCIA KINGIANA / The Six Principles of Kingian Nonviolence 3:42

Link for recording: [SPANISH --LOS SEIS PRINCIPIOS DE LA NOVIOLENCIA KINGIANA / The Six Principles of Kingian Nonviolence](#) 03:42
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

Melodía y Refrán de "We Shall Overcome"

Palabras copyright 2022 por Linda K. Williams, basadas en el plan de estudios de La Noviolencia Kingiana por Robin Wildman's Kingian.
Traducido al español por Bianca Del Río

1. La noviolencia es una forma de vida para las personas valientes.
La noviolencia es una forma de vida para las personas valientes.
Refrán: En lo profundo de mi corazón, sí creo yo que algún día superaremos.

2. La comunidad pacífica es la meta para el futuro.
La comunidad pacífica es la meta para el futuro.
Refrán: En lo profundo de mi corazón, sí creo yo que algún día superaremos.

3. Ataca a los problemas, no a las personas.
Ataca a los problemas, no a las personas.
Refrán: En lo profundo de mi corazón, sí creo yo que algún día superaremos.

4. Reconoce y haz lo que es correcto incluso cuando sea difícil.
Reconoce y haz lo que es correcto incluso cuando sea difícil.
Refrán: En lo profundo de mi corazón, sí creo yo que algún día superaremos.

5. Evita lastimar el espíritu y el cuerpo de ti mismo y de los demás.
Evita lastimar el espíritu y el cuerpo de ti mismo y de los demás.
Refrán: En lo profundo de mi corazón, sí creo yo que algún día superaremos.

6. El universo está del lado de la justicia.
El universo está del lado de la justicia.
Refrán: En lo profundo de mi corazón, sí creo yo que algún día superaremos.

INVITACIONES PARA PENSAR Y COMPARTIR

-- *Mil gracias a la Dra. Gloria Díaz por su ayuda con las Invitaciones en español.*

Piensa en los 6 Principios de la Noviolencia Kingiana de la canción.

- * ¿Cuál principio es el más fácil de poner en práctica en tu propia vida y por qué?
- * ¿Cuál principio te resulta más difícil poner en práctica en tu propia vida y por qué?
- * ¿Qué sucedió cuando hiciste todo lo posible para poner en práctica uno o más de los principios?
- * ¿Cómo te sentiste cuando viste la diferencia que hizo poner en práctica uno o más de los principios en una situación difícil?
- * ¿Cuándo es que viste a otra persona poniendo en práctica los principios, y cómo cambió esto en una situación difícil?

3. THREE LEVELS OF CONFLICT – a Kingian Nonviolence Song 1:57

Link for recording: [THREE LEVELS OF CONFLICT - a Kingian Nonviolence Song + Music Video \(To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album"\)](#) 01:57

Or, click here to see the VIDEO: <https://www.youtube.com/watch?v=fxj2eMShonE>

from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#),

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>

Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

TUNE: "This Little Light of Mine"

TO ENJOY THE ORIGINAL SONG: https://www.youtube.com/watch?v=Au0AFyB-m_8&feature=youtu.be&autoplay=1

Lyrics copyright 2022 by Linda K. Williams Lyrics by Linda K. Williams, with Robin Wildman, based on curriculum by Robin Wildman

CHORUS: X = clap (and / or tap on guitar ;-)

What level is our conflict -- NORMAL, X PERVASIVE, X OVERT? XX

What level is our conflict -- NORMAL, X PERVASIVE, X OVERT? XX

Let's cool down -- understand it so we can resolve it!

Our actions can de-escalate and heal!

- 1 If our conflict's at the NORMAL level, there's a dialogue going on!
If our conflict's at the NORMAL level, there's a dialogue going on!
There's no agreement yet, but we're not angry;
we're listening to each other with respect.
- 2 If it escalates to PERVASIVE, it's a monologue!
If it escalates to PERVASIVE, it's a monologue!
Yelling and anger are happening -- not listening to each other,
Let's walk away from the conflict and cool down.
- 3 If it escalates to OVERT, someone may think "I'll use a log!"
If it escalates to OVERT, someone may think "I'll use a log!"
Physical violence means get away and get help!
It takes courage to respond nonviolently.

CHORUS: X = clap (+ tap on guitar ;-)

What level is our conflict -- NORMAL, X PERVASIVE, X OVERT? XX

What level is our conflict -- NORMAL, X PERVASIVE, X OVERT? XX

Let's cool down -- understand it so we can resolve it!

Our actions can de-escalate and heal!

Think and Share Invitations

* Think about these lines: Let's cool down -- understand it so we can resolve it! Our actions can de-escalate and heal! Share an example of how you have done one or more of those things in a difficult situation.

* Think about a time you saw – or were part of – a conflict that was at the NORMAL level, where “There's a dialogue going on! There's no agreement yet, but we're not angry; we're listening to each other with respect.” Share the feelings you experienced at that time.

* Think about a time you saw – or were part of – a conflict that was at the PERVASIVE level, where “it's a monologue! Yelling and anger are happening -- not listening to each other, Let's walk away from the conflict and cool down.” Share the feelings you experienced at that time.

* Think about a time you saw – or were part of – a conflict that was at the OVERT level, where “someone may think 'I'll get a log!' [or some other weapon] Physical violence means get away and get help! It takes courage to respond nonviolently.” Share the feelings you experienced at that time.

4. THREE TYPES OF POWER – a Kingian Nonviolence Song 1:59

Link for recording: [THREE TYPES OF POWER - a Kingian Nonviolence Song + Music Video \(To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album"\)](#) 01:59

Or, click here to see the VIDEO: youtu.be/rVIBH2ITtUs

from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#),

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>

Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

TUNE: "Oh, Freedom"

TO ENJOY THE ORIGINAL SONG: <https://www.youtube.com/watch?v=epVJNoU1DEU>

Lyrics copyright 2022 by Linda K. Williams; Lyrics by Linda K. Williams with Robin Wildman, based on Kingian Nonviolence curriculum by Robin Wildman.

1

Oh, "POWER WITHIN" --

That's positive power!

I take responsibility for myself;

I make good choices, no matter what others say or do!

I have courage; that's "POWER WITHIN."

2

Oh, "POWER WITH" --

That's positive power!

"POWER WITH" is power shared,

where equals get together to solve conflicts, respecting each other!

And we have courage; that's "POWER WITH"!

3

Oh, "POWER OVER" --

That's negative power,

When people are controlling others, bullying,

or always needing to be right.

Let's turn that right around and create

a beloved, peaceful community,

full of POWER WITH each other and POWER WITHIN each one...

full of POWER WITH each other and POWER WITHIN each one!

Think and Share Invitations

* Think about a time you experienced "POWER WITHIN." What was the situation, and what feelings did you experience at that time?

* Think about a time you experienced "POWER WITH." What was the situation, and what feelings did you experience at that time?

* Have you been in situations in which you had POWER OVER someone? What was the situation, and what feelings did you experience at that time?

* Think of a time when someone had POWER OVER you. What was the situation, and what feelings did you experience at that time?

* Envision – see in your imagination – what would be happening in “a beloved, peaceful community, full of POWER WITH each other and POWER WITHIN each one.” Share what you are envisioning.

6. SETTING POSITIVE INTENTIONS: “I AM Healthy, Happy, Safe, and Loved” + “This Little Light of Mine” 1:07

Link for recording: [SETTING POSITIVE INTENTIONS: "I am Healthy, Happy, Safe, and Loved" + "This Little Light of Mine" 01:07](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

Tune is traditional: "This Little Light of Mine"

I am healthy, happy, safe, and loved!
I am healthy, happy, safe, and loved!
I am healthy, happy, safe, and loved!
I am healthy, happy, safe, and loved!

REPEAT 4 LINES

I am healthy, happy, safe, and loved!
I am healthy, happy, safe, and loved!
I am healthy, happy, safe, and loved!
I am healthy, happy, safe, and loved!

This little light of mine, I'm gonna let it shine!
This little light of mine, I'm gonna let it shine!
This little light of mine, I'm gonna let it shine!
Let it shine, let it shine, let it shine!

"I am healthy, happy, safe, and loved!" is from Autumn Francesca; many thanks for sharing it during the NonviolentSchoolsRI.org Summer Institute!

Think and Share Invitations

- * Envision – see in your imagination – what it means to you to be healthy, happy, safe, and loved. Share what you are envisioning.
- * How do you feel when you set these positive intentions for your life?
- * Think and share about a time when these positive intentions made a difference in your thoughts, your words, and/or your actions.

Additional notes about setting intentions:

For whom else could you set these positive intentions? A friend? A family member? Someone else? Here are some examples of what you could say to yourself:

___(person's name)___ is healthy, happy, safe, and loved.

Or, if you believe the person has other needs, you could include those as well -- for example:

___(person's name)___ is calm and clear-minded.

Setting intentions works because you are sending positive energy into the universe. Intention setting is based on science; here is a link for more information:

<https://pubmed.ncbi.nlm.nih.gov/19245175/#:~:text=Direct%20intention%20manifests%20itself%20as,to%20choose%20the%20appropriate%20time>

TO ENJOY THE ORIGINAL SONG "THIS LITTLE LIGHT OF MINE":

https://www.youtube.com/watch?v=Au0AFyB-m_8&feature=youtu.be&autoplay=1

7. PLEDGE of Nonviolence Song 00:36

Link for recording: [PLEDGE of Nonviolence Song 00:36](#)

from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

Tune #1 "Mulberry Bush"

I'll respect myself and others, too,
Communicate better,
Listen, and
Forgive,
Respect Nature,
Play creatively, and
Be courageous!

(REPEAT PLEDGE WITH 2ND TUNE:)

Tune #2 "London Bridge"

I'll respect myself and others, too,
Communicate better,
Listen, and
Forgive,
Respect Nature,
Play creatively, and
Be courageous!

Think and Share Invitations

- * Think and share about what parts of this Pledge have proven to be easiest for you to put into action in your own life.
- * Think and share about what parts of this Pledge have proven to be difficult for you to put into action in your own life.
- * Think and share about a time when you or someone else put parts of this Pledge into action and made a big difference in reconciling a conflict and building a loving community.

PLEDGE OF NONVIOLENCE IS FROM:

<http://www.ipj-ppj.org/>

The Institute for Peace and Justice (IPJ) is an independent, interfaith, not-for-profit organization that creates resources, provides learning experiences, and advocates publicly for alternatives to violence and injustice at the individual, family, community, institutional and global levels.

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

8. PRINCIPLE 1. Nonviolence is a way of life for brave people. SONG: "I'll Stand up for Myself" 2:06

Link for recording: [PRINCIPLE 1. Nonviolence is a way of life for brave people. SONG: "I'll Stand up for Myself" 02:06](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

1
Oh, I'll stand up for myself, and what I believe in,
I'll stand up for myself, and for my rights, too.
Yes, I'll stand up for myself, and what I believe in,
and I'll do it in a way that respects your rights, too.
DO-do-DO-do-DO-do-do-DO!

2
I can take charge of my life; that's one thing I believe in,
I can take charge of my life; it's my right to do.
I will take charge of my life---and I'll be glad that I did it!
It's not only my right, it's my responsibility, too.
DO-do-DO-do-DO-do-do-DO!

3
You can take charge of your life,
and stand up for what you believe in,
You can take charge of your life; it's your right to do.
You can take charge of your life---you'll be glad that you did it.
It's not only your right; it's your responsibility, too.
DO-do-DO-do-DO-do-do-DO!

(4)
So...we'll stand up for ourselves and what we believe in,
We'll stand up for ourselves and for our rights, too. Yes,
we'll stand up for ourselves and what we believe in, and
we'll do it in a way that respects others' rights, too.
DO-do-DO-do-DO-do-do-DO!

REPEAT FIRST VERSE:

Oh, I'll stand up for myself, and what I believe in,
I'll stand up for myself, and for my rights, too.
Yes, I'll stand up for myself, and what I believe in,
and I'll do it in a way that respects your rights, too.
DO-do-DO-do-DO-do-do-DO!

Think and Share Invitations

- * Think and share about a time you needed to stand up for yourself and your beliefs.
- * Consider sharing what you said, what you did, and how you did it in a way that respected others, as well.
- * In what ways can you stand up for others, as well?
- * How does it feel to stand up for yourself and others?

Words and music copyright 1990 by Linda K. Williams Lead Singer and Producer Patricia Mikkelson
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 2

Link for all lyrics, song links, and resources: <https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-2-cck-zoom-friendly-songs-and-resources.pdf>
YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

10. PRINCIPLE 3: Attack problems, not people.

SONG: "It's Us against the Problem, not Me against You" 2:42

Link for recording: [PRINCIPLE 3. Attack problems, not people. SONG: "It's Us against the Problem, not Me against You" 02:42](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

- 1 It's us against the problem, not me against you.
It's us against the problem; let's see what we can do.
I'll "put myself in your shoes," you'll "try on my shoes," too. With us
against the problem, there's lots that we can do!

CHORUS (echo is in parentheses)

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!) and
work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

- 2 It may be that our problem got started by mistake.
Misunderstandings happen, and friendships they can break.
But when we talk it over, we'll find out what went wrong.
With us against the problem, we'll feel better before long.

CHORUS

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!) and
work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

- 3 Sometimes an unsolved problem can make us enemies;
We shouldn't let that happen, 'cause it hurts both you and me.
We've got so much in common, that I'm sure we can be friends. With us
against the problem, we can be friends, in the end!

SING CHORUS TWICE, AND END SONG BY REPEATING THIS LINE:

Yes, maybe for a while we'll just agree to disagree!

Think and Share Invitations

- * Think and share about a time when you had a problem with someone, but you managed to work with them.
- * Share which of the following have been helpful for you: ~ think it through, ~ talk it out, ~ share feelings,
~ work it out, ~see it through, ~ agree to disagree (at least for a while).

Words and music copyright 1990 by Linda K. Williams Lead Singer and Producer Patricia Mikkelson
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>



For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World

<https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

This song is also on the album Caring and Capable Kids, Vol. 2

Link for all lyrics, song links, and resources: <https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-2-cck-zoom-friendly-songs-and-resources.pdf>

YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

11. SPANISH - Juntos Contra el Problema, no Yo Contra Ti / It's Us Against the Problem, not Me Against You 2:24

Link for recording: [SPANISH -- Juntos Contra el Problema, no Yo contra Ti / It's Us Against the Problem, not Me against You 02:24](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

- 1 Juntos contra el problema, no yo contra ti.
Juntos contra el problema, cuánto más por ganar.
Me pongo en tu lugar, y tú te pones en el de mí –
Juntos contra el problema, hay mucho por lograr.

CORO: Así que vamos a pensarlo...
discutirlo también...
compartir sentimientos.
Puede ser difícil,
pero a perseverar,
y arreglar –
o quizás acordemos de diferenciar.

- 2 Puede ser que el problema empezó por un error.
Hay malentendidos y amistades que dan dolor.
Pero cuando lo platicamos, descubrimos la verdad;
Juntos contra el problema, nos sentiremos mejor ya.

CORO: Así que vamos a pensarlo...
discutirlo también...
compartir sentimientos.
Puede ser difícil,
pero a perseverar,
y arreglar –
o quizás acordemos de diferenciar.

- 3 Un problema no resuelto nos hace enemigos,
No debemos permitirlo, pues nos hiere a los dos.
Tenemos tanto en común, amigos de verdad;
Juntos contra el problema, amigos al final.

CORO: Así que vamos a pensarlo...
discutirlo también...
compartir sentimientos.
Puede ser difícil,
pero a perseverar,
y arreglar –
o quizás acordemos de diferenciar.

Invitaciones de Pensar y Compartir

* Piensa y comparte de un tiempo que tuviste un problema con alguien, pero pudiste trabajar para resolver el problema.

* Comparte cuál de estos te ha ayudado: ~ piensalo un rato, ~comparte tus emociones, ~trabájalo, ~ dale tiempo, ~ estar acuerdo de estar en desacuerdo (por lo menos por un rato).

This song is also on the album

Niños Cariñosos y Capaces -- 4 Canciones en español -- Canciones por Linda K. Williams, Cantado por JK Keller, Grabado por Andy y Terry Murray

4 Songs by Linda K. Williams recorded in Spanish by JK Keller, Recording by Andy and Terry Murray

Words and music copyright 1990 by Linda K. Williams -- Traducido al español por Samantha Cabrera y modificado por Silvia Madrigal y JK Keller

Link for the album: <https://betterworld.bandcamp.com/album/4-songs-by-linda-k-williams-recorded-in-spanish-by-jk-keller-recording-by-andy-and-terry-murray>

12. PRINCIPLE 4: Know and do what is right, even if it is difficult.

SONG: "I've Got to Talk to Them" (3:01)

Link for recording: [PRINCIPLE 4. Know and do what is right, even if it is difficult. SONG: "I've Got to Talk to Them" 03:01](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

CHORUS:

I've got to talk to them,
talk about it,
talk, talk, talk.

It's amazing what talking can do!

(sing CHORUS 3 more times)

1 When someone says or does something I don't like,
I've got to talk to them about it; not get into a fight.
So I'll say, "Please don't...!" and tell them how I feel.
I may find they didn't do what I thought they did, for real.

CHORUS (SUNG 4 TIMES)

2 When a problem with someone has got me feeling mad,
I won't bottle up my anger or explode with no control,
I won't take it out on others---that's just as bad.
So what could I do? Well, I've found it's often true...

CHORUS (SUNG 4 TIMES)

3 One great way to resolve a conflict, I have seen
Is when I share what I feel and how I think,
And I'm willing to listen to the other side.
Fighting makes a problem larger; talking cuts it down to size!

CHORUS (SUNG 4 TIMES)

Think and Share Invitations

- * Think and share about a time when you and another person had a conflict that involved hurt feelings, and perhaps a misunderstanding.
- * Please share about how talking about it, sharing feelings, and careful listening resolved the problem, or at least managed the conflict in helpful way.
- * Why do you think it is important to talk about your problems, and what people in your life help you do that?

 [For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World](https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf)
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

Lyrics by Linda K. Williams with Patricia Mikkelson -- Lead Singer and Producer Patricia Mikkelson
Words and music copyright 1990 by Linda K. Williams Linda.BetterWorld@gmail.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 2

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-2-cck-zoom-friendly-songs-and-resources.pdf>
YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

13. PRINCIPLE 5: Avoid hurting the spirit and body of yourself and others.

SONG: "No One is a Nobody" 2:42

Link for recording: [PRINCIPLE 5. Avoid hurting the spirit and body of yourself and others. SONG: "No One is a Nobody" 02:42](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

1. I'm lovable and capable and I know that you are, too.
I'm unique; there's only one me.
You're unique; there's only one you. In fact...

CHORUS:

No one is a nobody. Each person's important, you see.
Each one has rights and feelings and dreams;
What happens to you will change other lives, too.
No one is a nobody. Each person's important, you see.
Each one I meet as I walk down the street is just as special as I am.

2. Sometimes I don't feel too lovable, or very capable, either.
Then someone comes along and shows me that they care.
It reminds me that I do matter after all.
It's true that...

CHORUS:

No one is a nobody. Each person's important, you see.
Each one has rights and feelings and dreams;
What happens to you will change other lives, too.
No one is a nobody. Each person's important, you see.
Each one I meet as I walk down the street is just as special as I am.

3. Other times I forget about your rights,
And that you have feelings, too.
And the world doesn't spin for just me, it's true.
If I care for myself, I'll care for you. Because...

CHORUS:

No one is a nobody. Each person's important, you see.
Each one has rights and feelings and dreams;
What happens to you will change other lives, too.
No one is a nobody. Each person's important, you see.
Each one I meet as I walk down the street
is just as special as I am. *(Repeat last line and fade)*

Think and Share Invitations

- * Think and share about the ways in which we might treat other people differently if we imagined each person with a sign on them or above their head saying "This person is special/important!"
- * Think and share about how you feel when someone -- including yourself -- tells you that you are special/important.
- * What makes you unique, and what are some of your positive qualities?

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

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

Words and Music © 1986 by Linda Kay Williams Lead Singer and Producer Andy Murray AndyandTerry@icloud.com
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 1

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-1-cck-zoom-friendly-songs-and-resources.pdf>

YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKclNku0

14. PRINCIPLE 6: The universe is on the side of justice.

SONG: "Ripples and Starfish: A Song of Hope and Empowerment" 3:52

Link for recording: [PRINCIPLE 6. The universe is on the side of justice. SONG: "Ripples and Starfish: A Song of Hope and Empowerment" 03:52](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

REFRAIN: Like ripples and starfish, ripples and starfish, I know that
one by one, our words and deeds can build a better world!

1 When one of Gandhi's followers felt his efforts made no difference at all
Gandhi said to him, "Your words and actions matter, whether large or small."
"You need to choose them with great care. They're like pebbles that you cast into a pond.
The ripples will take care of themselves, I've found."

REFRAIN: Like ripples and starfish, ripples and starfish, I know that
one by one, our words and deeds can build a better world!

2 The man on the beach was working earnestly to throw the stranded starfish back into the sea.
When someone laughed at him and said, "You'll never save them all, don't you see?"
This bothered him not; he continued on, and threw another one to safety.
His answer was, "Well, I made a difference to that one, certainly."

REFRAIN: Like ripples and starfish, ripples and starfish, I know that
one by one, our words and deeds can build a better world!

3 So instead of cursing the darkness, I'll light a candle to brighten the way.
When others see my flickering flame, surely many will add a shining ray.
So though the task may seem without end, we'll start to make a difference today;
We know not where our ripples will end, but we'll send them on their way.

FINAL, MODIFIED REFRAIN

Like ripples and starfish, ripples and starfish, I know that
one by one, if we lend a hand---
one by one, if we take a stand---
yes, one by one, our words and deeds
can build a better world ... build a better world!

Think and Share Invitations

- * Think and share about the difference/s you would like to help make in our world.
- * How would you start to make that difference, trusting that each act of caring and kindness will make a difference?
- * Have you seen someone's actions create a ripple effect/a chain of events?

→ For Bonus Resources for Promoting Empathy and Compassion

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-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/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

© 1996 by Linda Kay Williams Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>
Composer and Lyricist Linda K. Williams / Lead Singer Linda K. Williams

This song is also on the album Caring and Capable Kids, Vol. 1

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-1-cck-zoom-friendly-songs-and-resources.pdf>

YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKclNku0

15. SETTING POSITIVE INTENTIONS:

“I’ll Picture Myself Succeeding” 2:39

Link for recording: [SETTING POSITIVE INTENTIONS: "I'll Picture Myself Succeeding" 02:39](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

CHORUS (sung x2)

I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

1 Whatever the goal I want to reach,
I'll clearly see myself succeeding in my
mind. That helps me focus my energy on
getting there so what I picture can come true
in time.

CHORUS I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

2 When a problem comes up for me to solve
I'll get in touch with my emotions and my dreams
I'll turn my feelings into helpful words,
If we connect with each other, our success rate will be higher, and...

CHORUS I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.

(INSTRUMENTAL: “Use this time to picture yourself being successful at something that is important to you.”)

CHORUS I'll picture myself succeeding when it's help with my goals I am needing;
and then, in everything I do, all my best can come shining through.
And then, in everything I do, all my best can come shining through.

Think and Share Invitations

- * What does success look like to you? Think and share about something at which you very much want to succeed ... something you want to be able to do or achieve... a goal which is important to you.
 - * Next, create in your mind a video, seeing yourself moving towards your goal -- or goals -- and, finally, having success, and celebrating. You may wish to close your eyes as you run the video through your mind. *
- Afterwards, share what you've been seeing in your video.

PLEASE NOTE: There is a wealth of information available online regarding how powerful it can be for anyone to picture themselves succeeding and how students, workers, professional athletes, musicians, and other performers have done so with impressive results. This is also called "visualization," "dynamic imaging," and "imagined practice."

Words and music copyright 1990 by Linda K. Williams Lead Singer and Producer Patricia Mikkelson
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 2

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-2-cck-zoom-friendly-songs-and-resources.pdf>
YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

16. SETTING POSITIVE INTENTIONS: "To Be the Best Me" 3:51

Link for recording: [SETTING POSITIVE INTENTIONS: "To Be the Best Me" 03:51](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6iMLwENsAks1DDSO_A

1 I'm lovable and capable;
I'm lovable and capable!

REFRAIN To be the best me that I can be, I affirm myself each day!

2 I believe in myself, and I am special;
I believe in myself, and I am special! **REFRAIN**

3 I stay true to who I am;
I stay true to who I am! **REFRAIN**

4 I learn from my mistakes;
I learn from my mistakes! **REFRAIN**

5 I know that I am loved;
I know that I am loved! **REFRAIN**

6 I can make wise decisions;
I can make wise decisions! **REFRAIN**

7 I choose my friends wisely;
I choose my friends wisely! **REFRAIN**

8 I handle problems calmly;
I handle problems calmly! **REFRAIN**

9 I like myself and I'm unique;
I like myself and I'm unique! **REFRAIN**

10 I get high on life and live drug-free;
I get high on life and live drug-free! **REFRAIN**

**SPOKEN: "For the next 4 verses, choose your favorite affirmations, or make up your own positive messages to yourself!"
THEN REPEAT FIRST VERSE AND REFRAIN.**

Think and Share Invitations

Suggested introduction: To "affirm myself" means "to say -- or think -- things about myself, to myself; to declare those things to be true," and in this song, you are encouraged to say positive and helpful things about yourself, to yourself -- affirmations-- in order to help you be the best you that you can be!

* Think and share about what it means to you to be the best version of yourself.

* Think and share about which of these affirmations do you find most encouraging and empowering, and why:

- ~ I'm lovable and capable.
- ~ I believe in myself, and I am special.
- ~ I stay true to who I am.
- ~ I learn from my mistakes.
- ~ I know that I am loved.
- ~ I can make wise decisions.
- ~ I choose my friends wisely.
- ~ I handle problems calmly.
- ~ I like myself and I'm unique
- ~ I get high on life and live drug-free
- ~ _____

(Make up your own positive messages to yourself!)

Lead Singer and Producer Patricia Mikkelson *Words and Music copyright 1991 by Linda K. Williams*
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 3

YouTube link for the album: https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91EDqkTNymCR-QO88CJmwlvih2Cu-OP4

Link for all lyrics and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-3-cck-zoom-friendly-songs-and-resources.pdf>

17. SPANISH: Para Ser el Mejor Yo / To Be the Best Me 3:15

Link for recording: [SPANISH: Para Ser el Mejor Yo / To Be the Best Me 03:15](#) Voces: Joshua Cruz Sandoval y Linda K. Williams from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

En este enlace, solamente se oye la voz de Linda K. Williams / At this link, only Linda K. Williams' voice is heard.

<https://betterworld.bandcamp.com/track/srta-linda-cantando-para-ser-el-mejor-yo-to-be-the-best-me>

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>

Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

Traducido al español por Samantha Cabrera y Gloria Díaz Autora: Linda K. Williams

1 ¡Soy amable y capaz; Soy amable y capaz!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

2 ¡Me mantengo fiel a quien soy; Me mantengo fiel a quien soy!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

3 ¡Aprendo de mis errores; Aprendo de mis errores!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

4 ¡Yo sé que soy amado; Yo sé que soy amado!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

5 ¡Puedo tomar decisiones sabias; Puedo tomar decisiones sabias!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

6 ¡Escojo a mis amigos con cuidado; Escojo a mis amigos con cuidado!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

7 ¡Manejo mis problemas con calma; Manejo mis problemas con calma!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

8 ¡Me amo y soy único; Me amo y soy único!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

9 ¡Disfruto la vida y vivo libre de drogas; Disfruto la vida y vivo libre de drogas!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

REPITAN EL VERSO #1: 1 ¡Soy amable y capaz; Soy amable y capaz!

REFRÁN Para ser el mejor yo que puedo hacer, ¡me lo digo cada día!

Invitaciones de Pensar y Compartir

* Piensa y comparte lo que significa para ti ser la mejor versión de ti mismo.

* Piensa y comparte cuáles de estas afirmaciones encuentras más animando y empoderando, y porque:

~ Soy amable y capaz.

~ Me mantengo fiel a quien soy.

~ Aprendo de mis errores.

~ Yo sé que soy amado.

~ Puedo tomar decisiones sabias.

~ Escojo a mis amigos con cuidado.

~ Manejo mis problemas con calma.

~ Me amo y soy único.

~ Disfruto la vida y vivo libre de drogas.

~ _____ (Crea tu propio mensaje positivo)

This song is also on the album Niños Cariñosos y Capaces -- Voces: Joshua Cruz Sandoval y Linda K. Williams, Autora: Linda K. Williams

Link for the album: <https://betterworld.bandcamp.com/album/ninos-carinosos-y-capaces-rough-draft-las-canciones-que-va-a-cantar-joshua-cruz-sandoval>

18. WHAT DOES THIS STUDENT NEED OR WANT?: "Eyes of Compassion: A Trauma-Responsive Lens Song and Video" 1:35

Link for recording: [WHAT DOES THIS STUDENT NEED OR WANT?: "Eyes of Compassion" - A Trauma-Responsive Lens Song](#)

(To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album") 01:35

Or, click here to see the VIDEO: https://www.youtube.com/watch?v=5_7Wik2gPFE

from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>

Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

- 1 When you look at me, please remember to keep in mind that you don't know what you don't know about me... what's happened to me.
- 2 You haven't seen what my eyes have seen, you haven't heard what my ears have heard, you haven't felt what my body and soul have felt so deeply.
- 3 Looking with eyes of compassion, listening with open heart and mind, can help healing, hope, and resilience take root and grow.
- 4 Thank you for wondering what's happened to me instead of asking, "What's wrong with you?" Thank you for helping me process my pain and move towards joy... move towards joy.

Think and Share Invitations

- * Without using any names, think and share about a time when someone's words or actions resulted in your thinking, "What's wrong with him/ her?"
- * Now, see if you can picture them in your mind and wonder out loud about what might have happened to them --- what they may have seen / heard / felt that caused **trauma** in their lives. That's what we call "looking at a person through a **trauma-informed lens**."
- * Think and share about a time you treated yourself with "self-compassion" -- that is, to treat yourself as you would treat a good friend who is going through a hard time.
- * Think of a time when you were dealing with some kind of trauma, and you were glad that someone treated you with patience and understanding, and let you know they cared about you and supported you, and helped you build **resilience**. (PLEASE NOTE: This is likely an opportunity for vocabulary expansion.)

Bonus Resource: Synonyms for Harm/ Trauma: **Student Reference sheet**

<https://lkwbetterworld.files.wordpress.com/2017/06/synonyms-for-harm-trauma-student-reference-sheet-1-page3.pdf>

Bonus Resource: Synonyms for Harm/ Trauma: **Classroom Mini-Posters**

<https://lkwbetterworld.files.wordpress.com/2017/06/synonyms-for-harm-trauma-mini-poster-for-class2.pdf>

→ **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 Bonus Resources for Promoting Empathy and Compassion**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-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/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

Lyrics © 2019 by Linda K. Williams Tune: "Hey, Ho, Anybody Home?" (Traditional) Linda.BetterWorld@gmail.com

I wish to express my profound appreciation to the **San Diego Trauma Informed Guide Team** for their role in embracing and sharing this song. <https://www.acesconnection.com/> And, I especially want to thank **Ms. Dana Brown**, Organizational Liaison, ACEs Connection and ACEs Science Statewide Facilitator, Learn4Life, for her beautiful idea of adding a 4th verse incorporating gratitude.

For related resources, please visit my website <http://www.CaringandCapableKids.com/> for many free downloadable resources offered, and also **Compassionate**

Comprehension with the Common Core <https://lkwbetterworld.files.wordpress.com/2017/07/7-9-17-revisions-cc-cc-8-p-master-doc.pdf>

to support Social Emotional Intelligence, and the development of a Trauma-Informed Lens.

This song is also on the album Caring and Capable Kids, Vol. 1

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-1-cck-zoom-friendly-songs-and-resources.pdf>

YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXisan2GILAgKcLNku0

19. SPANISH -- "Ojos de Compasión" / "Eyes of Compassion" - A Trauma-Responsive Lens Song and Slideshow in Spanish 1:30

Link for recording: [SPANISH -- "Ojos de Compasión" / "Eyes of Compassion" - A Trauma-Responsive Lens Song \(To WATCH the MUSIC VIDEO, click on this song's title, and look below the words "Buy the Full Digital Album"\) 01:36](#)

Or, click here to see the VIDEO: <https://www.youtube.com/watch?v=m-wsplopQZc>
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

1

Cuando usted me mira a mí,
favor de acordarse de tener en cuenta
que usted no sabe lo que no sabe
acerca de mí... lo que me ha pasado a mí.

2

Usted no ha visto lo que mis ojos sí.
Usted no ha oído lo que mis oídos sí.
Usted no ha sentido lo que mi cuerpo y alma
han sentido tan profundamente.

3

Mirando con ojos de compasión,
escuchando con su corazón y mente abiertos
me puede ayudar a empezar a sanar,
tener esperanza y resiliencia.

4

Gracias por interesarse en lo que me ha pasado a mí
en vez de preguntarme, "¿Cuál es tu problema?"
Gracias por ayudarme a procesar mi dolor
y alegrarme poco a poco... y alegrarme poco a poco.

Invitaciones a Pensar y Compartir

* Sin usar el nombre de otra persona, piensen y compartan acerca de alguna vez cuando las palabras o acciones de otra persona resultaron en que te preguntaras, "¿Cuál es su problema?"

* Ahora, a ver si puedes imaginar a esta persona en tu mente, y preguntarte en voz alta acerca de lo que pudo haberle pasado -- qué podría ser lo que tal vez ha visto, ha oído, y lo que ha sentido que causó trauma en su vida.
Eso es lo que llamamos "usar Visión Informada por Trauma."

* Piensen y compartan acerca de alguna vez cuando te trataste con autocompasión -- es decir, con amabilidad hacia ti mismo: tratarte a tí mismo como lo haría con un buen amigo que está pasando por un momento difícil.

* Piensen en algún tiempo cuando había algún tipo de trauma en tu vida, y te alegraste mucho cuando alguien te trató con paciencia y comprensión, y te dejó alguien saber que eres importante para ellos, te brindan apoyo, y te ayudaron a crear resiliencia.

© 2019 por Linda K. Williams Tonada: "Hey, Ho, Anybody Home?" (Tradicional)
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

MIL GRACIAS a los que ayudaron en corregir y mejorar tanto la traducción al español, especialmente Carmen Rodríguez - y con muchas gracias también a Brianda Vargas, Evelin Molina, Martín Hernández, y Francisco Carbajal Espero que pronto esta canción pueda estar grabada por alguien cuyo español es mucho mejor que el mío. Si tiene interés en hacerlo, favor de contactarme. ¡Gracias!

For Bonus Resources for Promoting Empathy and Compassion

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-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/2021/05/5-17-21-csbw-5-sample-stories-w-songs-bonus-resources-and-list-of-other-stories.pdf>

This song is also on the album Caring and Capable Kids, Vol. 1 in both English and Spanish, with videos in each language:

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-1-cck-zoom-friendly-songs-and-resources.pdf>

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

20. DE-ESCALATION / FEELINGS: "If You're Angry and You Know It" 2:14

Link for recording: [DE-ESCALATION / FEELINGS: "If You're Angry and You Know It" + Link to More Songs and Resources 02:14](#)
from the album [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6iMLwENsAks1DDSO_A

- 1 If you're angry and you know it, talk it over, "I'm angry!"
If you're angry and you know it, talk it over, "I'm angry!"
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, talk it over, "I'm angry!"
- 2 If you're angry and you know it, count to ten, "1, 2, 3..."
If you're angry and you know it, count to ten, "...4, 5, 6..."
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, count to ten! "...7, 8, 9, 10!"
- 3 If you're angry and you know it, stop and think, "Hm-m!"
If you're angry and you know it, stop and think, "Hm-m!"
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, stop and think, "Hm-m!"
- 4 If you're angry and you know it, pound a pillow, "Whap, whap!"
If you're angry and you know it, pound a pillow, "Whap, whap!"
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, pound a pillow, "Whap, whap!"
- 5 If you're angry and you know it, take a walk, "Walk, walk!"
If you're angry and you know it, take a walk, "Walk, walk!"
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, take a walk, "Walk, walk!"
- 6 If you're angry and you know it, just relax, "Ah-h-h!"
If you're angry and you know it, just relax, "Ah-h-h!"
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, just relax, "Ah-h-h!"

INVITE SINGERS TO MAKE UP -- AND ACT OUT -- THEIR OWN VERSES:

If you're angry and you know it, _____
If you're angry and you know it, _____
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, _____

Think and Share Invitations

- * Think and share about the anger management/self-regulation strategies you have used effectively.
- * What strategies have you seen others use effectively?
- * What has happened if/when you or others do not use anger management or self-regulation strategies to control your/their anger?
- * How does anger feel in your body?

Bonus Resources: Different sized formats of lyrics to provide opportunities for students to illustrate verses, with an opportunity to make up their own verses. Included are illustrate-your-own-booklet or book" and/or Big Book or Poster sized print.

<https://caringandcapablekids.com/2021/05/16/if-youre-angry-formats-to-illustrate-and-add-verses/>

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

<https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-11-ell-songs-and-or-younger-students-from-caring-and-capable-kids-4-albums.pdf>

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

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

Ⓢ **For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World**

<https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

Tune: popular children's folk song, "If You're Happy and You Know It, Clap Your Hands." Lyrics are copyright 1982 by Linda K. Williams
Lead Singer and Producer Andy Murray AndyandTerry@icloud.com

Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 1

Link for all lyrics, song links, and resources: <https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-1-cck-zoom-friendly-songs-and-resources.pdf>

YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKclNku0

21. SPANISH - Si te Enojas y lo Sabes / If You're Angry and you Know It 1:37

Link for recording: [SPANISH -- Si te Enojas y lo Sabes / If You're Angry and you Know It 01:37](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

- 1 Si te enojas y lo sabes, dile así --- "¡Estoy enojado/a!"
Si te enojas y lo sabes, dile así --- "¡Estoy enojado/a!"
Si te enojas y lo sabes, ¡controlarlo tú si puedes!
Si te enojas y lo sabes, dile así --- "¡Estoy enojado/a!"
- 2 Si te enojas y lo sabes, cuenta a diez-- "1, 2, 3..."
Si te enojas y lo sabes, cuenta a diez -- "...4, 5, 6..."
Si te enojas y lo sabes, ¡controlarlo tú si puedes!
Si te enojas y lo sabes, cuenta a diez -- "¡...7, 8, 9, 10!"
- 3 Si te enojas y lo sabes, para y piensa... "¡MM-m-m!"
Si te enojas y lo sabes, para y piensa... "¡MM-m-m!"
Si te enojas y lo sabes, ¡controlarlo tú si puedes!
Si te enojas y lo sabes, para y piensa... "¡MM-m-m!"
- 4 (Van a ver que este verso es diferente en español "a bailar" en vez de "golpea una almohada")
Si te enojas y lo sabes, a bailar ... "¡Je - pa!"
Si te enojas y lo sabes, a bailar ... "¡Je - pa!"
Si te enojas y lo sabes, ¡controlarlo tú si puedes!
Si te enojas y lo sabes, a bailar.
- 5 Si te enojas y lo sabes, a pasear ... "Tap – tap"
Si te enojas y lo sabes, a pasear ... "Tap – tap"
Si te enojas y lo sabes, ¡controlarlo tú si puedes!
Si te enojas y lo sabes, a pasear ... "Tap – tap"
- 6 Si te enojas y lo sabes, relájate--- "Aa-aa-aa!"
Si te enojas y lo sabes, relájate--- "Aa-aa-aa!"
Si te enojas y lo sabes, ¡controlarlo tú si puedes!
Si te enojas y lo sabes, relájate--- "Aa-aa-aa!"

INVITE A LOS CANTANTES A COMPOSER Y ACTUAR SUS PROPIOS VERSOS:

Si te enojas y lo sabes, _____
Si te enojas y lo sabes, _____
Si te enojas y lo sabes, ¡controlarlo tú si puedes!
Si te enojas y lo sabes, _____

Invitaciones de Pensar y Compartir

- Piensa y comparte las estrategias del manejo de enojo / autorregulación que tu has usado efectivamente.
- ¿Cuáles estrategias has visto a otras personas usar efectivamente?
- ¿Qué ha pasado cuando tu o otras personas no usan manejo de enojo o autorregulación estrategias para controlar su enojo?
- ¿Cómo se siente enojo en tu cuerpo?

Traducido al español por Bianca Del Río y Samantha Cabrera, modificado por JK Keller

This song is also on the album

Niños Cariñosos y Capaces -- 4 Canciones en español -- Canciones por Linda K. Williams, Cantado por JK Keller, Grabado por Andy y Terry Murray

4 Songs by Linda K. Williams recorded in Spanish by JK Keller, Recording by Andy and Terry Murray AndyandTerryMusic@icloud.com

Link for the album: <https://betterworld.bandcamp.com/album/4-songs-by-linda-k-williams-recorded-in-spanish-by-jk-keller-recording-by-andy-and-terry-murray>

FOR RESOURCES IN ENGLISH, PLEASE SEE LINKS IN THE PREVIOUS SONG (#20)

Tune: popular children's folk song, "If You're Happy and You Know It, Clap Your Hands." Lyrics are copyright 1982 by Linda K. Williams
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/> Lead Singer and Producer Andy Murray

22. DE-ESCALATION / FEELINGS: It's Okay to Feel 2:14

Link for recording: [DE-ESCALATION / FEELINGS: It's Okay to Feel 02:14](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

PLEASE NOTE: *Lyrics in parentheses and italics are sung by a second singer.*

- 1 Oh, it's OK... *(Yes, it's all right.)*
to feel angry, *(Y'know, I get so mad!)*
And it's OK... *(Don'tcha know, it's all right!)*
to feel sad. *(You can cry---it may help.)*
And it's OK... *(And really normal, too...)*
to feel scared, or jealous, or blue,
But it's not OK to hurt someone because of how you feel!
No, it's not OK... *(No, it's never OK!)*
to hurt someone... *(Use your self-control!)*
because of how you feel!
- 2 When I used to feel... *(like we all often do)*
uncomfortable feelings, *(like anger or fear)*
I tried to pretend... *('cause those feelings scared me!)*
that everything was just fine; *(but it wasn't---not at all)*
But then I found... *(with my tummy tied in knots)*
I took it out on family and friends!
So now I take that anger and turn it into energy to do someone some good!
Now I take that anger and turn it into energy to do someone some good!
- 3 Some people may say, *(Yes, some may say...)*
"Oh, don't be angry." *("Don't get so mad.!")*
And some may say, *(They may also say...)*
"Oh, you mustn't be sad." *("Keep those tears inside!")*
I've heard others say, *(And others may say...)*
"You shouldn't be scared or jealous ---what's wrong with you?"
But my feelings are mine, I've got a right to feel 'em, And I can't just wish them away.
Yes, my feelings are mine, I've got a right to feel 'em, And I can't just wish them away.

END SONG BY REPEATING VERSE 1, BEGINNING WITH "Yes..."

Think and Share Invitations

Suggested introduction: Someone may have told you, "Don't feel angry ... or sad... or scared..." or "You shouldn't feel...". They may have been concerned about what you might do while angry, and maybe they were uncomfortable dealing with your feelings. Actually, it is important -- and healthy -- for each of us to be honest with ourselves about how we're feeling, and why.

* Think and share about a time when you did identify your own uncomfortable feelings, and dealt with them without hurting anyone because of how you were feeling.

* Where in your body do you feel the emotions in the song? (angry, sad, scared, jealous) * What are some healthy ways to dealing with uncomfortable feelings?

✓ 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 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 Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World
<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

Words and music copyright 1990 by Linda K. Williams Linda.BetterWorld@gmail.com <https://caringandcapablekids.com/>
Dedicated by LKW to Alta Bantz, who respected and validated my feelings. Thanks! --- Lead Singer and Producer Patricia Mikkelson

This song is also on the album Caring and Capable Kids, Vol. 2

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-2-cck-zoom-friendly-songs-and-resources.pdf>

YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

23. DE-ESCALATION / FEELINGS: “I’m Dealing with my Feelings” 2:44

Link for recording: [DE-ESCALATION / FEELINGS: I'm Dealing with my Feelings 02:44](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

CHORUS; PART A:

I’m dealing with my feelings. Whatever they may be,
I will respect and own them; they’re a special part of me.
I’m honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!

BRIDGE: But sometimes I don’t understand just what it is I feel...

CHORUS, PART B:

So, I’ll look inside myself and see if I can puzzle it out;
often, special people can help me talk it out.
Sometimes I’ll draw or paint or write about what I feel---
and it helps when I can call my feelings by name;
that helps me deal...with...them.....

FEELINGS VERSES: Maybe it’s ANGER--- “I’m so ANGRY, I could just explode!”
or DISAPPOINTMENT--- “I’m DISAPPOINTED that didn’t work out.”
Maybe SADNESS--- “I’m so SAD---I’m gonna cry!”
or EMBARRASSMENT--- “I’m so EMBARRASSED, I want to hide!”

Maybe FEAR--- “I’m so AFRAID; I’m really SCARED!”
Or FRUSTRATION--- “I’m so FRUSTRATED--- nothing’s going right!”
Maybe CONFUSION--- “I’m so CONFUSED---I don’t know what to think or do!”
or JEALOUSY--- “I’m really JEALOUS---I wish that were me!”

CHORUS, VARIATION OF PART B:

Yes, I looked inside myself and I was able to puzzle it out;
also, special people really helped me talk it out.
I drew a picture and wrote a bit about what I was feeling---
and it helped for me to call my feelings by name;
that helped me deal...with...them.....

CHORUS; PART A:

Yes, I’m dealing with my feelings. Whatever they may be,
I will respect and own them; they’re a special part of me.
I’m honest with myself about how I feel---and why;
'cause dealing with my feelings is important for a healthy life!
Yes, dealing with my feelings is important for a healthy life!

Think and Share Invitations

- * Think and share about a time when you identified and respected your feelings, and dealt with them in a healthy way.
- * Think and share about a time when you did one or more of the following:
 - you were honest with yourself about how you felt, and why
 - if you didn't understand just what it was you felt, you looked inside yourself and puzzled it out
 - someone special helped you talk it out, and figure out your feelings, so that you could name them
 - you drew, painted, or wrote about how you felt

Please note: more feelings could be added in additional verses Words and Music © 1995 by Linda K. Williams
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Sharing

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-csh-zoom-friendly-songs-and-resources.pdf>
YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_nJf5rDvfszvD_4qkRSEENpxhGqcy5NDc

24. CONFLICT RECONCILIATION: "I'll Listen" 2:56

Link for recording: [CONFLICT RECONCILIATION: I'll Listen 02:56](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

1 When I notice you've done something that I don't like, and I tell you that it bugs me and we get into a fight,
It can help if I take a deep breath and be willing to listen, instead of getting defensive.

CHORUS I'll listen...I'll listen; I'll tune in to your feelings and wants.
I'll listen...I'll listen; I'll put myself in your shoes.

2 When I'm willing to stop and find out what's going on, Ask you about your feelings, and what is it you want,
We'll often realize that we want the same thing It just didn't look so clear in the beginning.

CHORUS I'll listen...I'll listen; I'll tune in to your feelings and wants.
I'll listen...I'll listen; I'll put myself in your shoes.

3 After I've listened to what you've had to say, I'm wondering if you could listen in the same way.
Just open your heart, and pick up your ears, and let me share my joys and my tears.

CHORUS Oh, I'll listen...I'll listen; I'll tune in to your feelings and wants.
I'll listen...I'll listen; I'll put myself in your shoes.

4 Will you refrain from giving me advice, or telling me that everything will be all right?
I have the answers right inside of me, and if you give a little time, I'm sure the answers will arrive.

CHORUS I'll listen...I'll listen; I'll tune in to your feelings and wants.
I'll listen...I'll listen; I'll put myself in your shoes.

5 When our communication is complete, we can help the world to find its peace.
By realizing that we're all the same inside, we can let go of judgements that we often hide.

CHORUS VARIATION

Oh, let's all listen, yes, listen. We'll tune into everyone's feelings and wants;
Let's listen, yes, listen; We'll help bring peace to the earth... we'll help bring peace to the earth.

Think and Share Invitations

- * Think and share about a time when you really listened to someone. Were you were able to "put yourself in their shoes" -- really pay attention to what they were thinking and feeling?
- * How does it feel when someone listens to you in that way, doing their best to "put themselves in your shoes"?
- * How might that kind of listening "help bring peace to the earth"?
- * Why is it important to really listen to others and do your best to put yourself in their shoes?

 For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World
<https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

Words and music copyright 1990 by Patricia Mikkelson Lead Singer and Producer Patricia Mikkelson
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 2

Link for all lyrics, song links, and resources: <https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-2-cck-zoom-friendly-songs-and-resources.pdf>
YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

25. CONFLICT RECONCILIATION: “What if That Were Me?” 1:48

Link for recording: [CONFLICT RECONCILIATION: What if That Were Me? 01:48](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

What if that were me?
What if that were me?
I wonder how it would be
if that were me.

How would I feel? Would it be real?
How would I deal if everything were
upside-down, turned around,
inside-out--- all switched about?

What if that were me? What if that were me?

(Entire song repeats three times on the recording.)

Performance option: As in the recording, one or more voices can chant
**upside-down, turned around,
inside-out--- all switched about**
while other voices sing the song.

Think and Share Invitations

Please note: One definition of "empathy" is "the ability to sense other people's emotions, along with the ability to imagine what someone else might be thinking or feeling."

- * Think and share about a time when you felt empathy for another person, and asked yourself, "What if that were me?"
- * Think and share about your reactions to this invitation:
"Before you even think about judging someone, walk a mile in their shoes."
How have you experienced empathy?

→ For Bonus Resources for Promoting Empathy and Compassion

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-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/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

copyright 1983 by Andy Murray AndyandTerrymusic@icloud.com

Composer and Lyricist Andy Murray

Lead Singer Terry Murray

Producer Andy Murray

[CaringandCapableKids.com](https://caringandcapablekids.com) <https://caringandcapablekids.com/>

This song is also on the album Caring and Capable Kids, Vol. 2

Link for all lyrics, song links, and resources: <https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-2-cck-zoom-friendly-songs-and-resources.pdf>

YouTube link for the album: https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

26. CONFLICT RECONCILIATION:

“Can You Put Yourself in Someone Else’s Shoes?” 1:19

Link for recording: [CONFLICT RECONCILIATION: Can You Put Yourself in Someone Else's Shoes? 01:19](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

Tune: "If You're Happy and You Know It" (Traditional) Lyrics: Linda K. Williams, copyright 2014

1

Can you put yourself in someone else's shoes?
Can you think of how they're feeling -- what they need?
When we show that we care, their burdens we can share.
Can you put yourself in someone else's shoes?

2

Can you put yourself in someone else's shoes?
Can you think of how they're feeling -- what they need?
Compassion and empathy will sow the seeds of peace.
Can you put yourself in someone else's shoes?

3

Can you put yourself in someone else's shoes?
Can you think of how they're feeling -- what they need?
It's a wonderful feeling to know somebody cares!
Can you put yourself in someone else's shoes?

YOU'RE INVITED TO WRITE MORE VERSES FOR THE 3RD LINE!

Can you put yourself in someone else's shoes?
Can you think of how they're feeling -- what they need?

Can you put yourself in someone else's shoes?

Think and Share Invitations

* Think and share about a time when you “put yourself in someone else’s shoes.” How did doing that help in the situation? How did you feel, and what did you say or do to let them know you had empathy for them?

* Sometimes people say, “I hear you!” or “I get you!” or “I feel you!” In what ways are those the same as – or different from – “putting yourself in someone else’s shoes”?

* Think and share about a time when you offered to help someone with a problem they were having – a burden they were carrying – and how you and they felt about your making that offer.

27. CONFLICT RECONCILIATION: “Face to Face, Side by Side” 2:50

Link for recording: [CONFLICT RECONCILIATION: Face to Face, Side by Side 02:50](#)
from [COMMUNITY BUILDING SONGS to Support the Kingian* Nonviolence Curriculum](#)

For information about efforts to use Kingian Nonviolence to create nonviolent schools, please visit <https://nonviolentschoolsri.org/kingian-nonviolence>
Please also visit their YouTube Channel at https://www.youtube.com/channel/UC2-af6IMLwENsAks1DDSO_A

CHORUS

First face to face, now side by side, In peace we can abide,
For together we'll stand, and we'll work hand in hand and we'll bring about the birth of a new day.
First face to face, now side by side -- Yes, in peace we must abide,
So together we'll stand, and we'll work hand in hand and we'll bring about the birth of a new day.

1 And that new day will have a foundation
of human rights, the whole world around;
for true peace will only come when there's dignity and justice
for each member of our human family.

CHORUS

First face to face, now side by side, In peace we can abide,
For together we'll stand, and we'll work hand in hand and we'll bring about the birth of a new day.
First face to face, now side by side -- Yes, in peace we must abide,
So together we'll stand, and we'll work hand in hand and we'll bring about the birth of a new day.

2 We've been on opposite sides for a while now,
But we're finally waking up to the truth
That our differences, many though they still may be,
are far fewer than the common goals we share.

3 Instead of fighting over what makes us different,
We must fight together for our world;
Land and air, and the seas, all the animals and trees---
they need our protection and care.

FINAL CHORUS

First face to face, now side by side, In peace we can abide,
For together we'll stand, and we'll work hand in hand and we'll bring about the birth of a new day.
First face to face, now side by side -- Yes, in peace we must abide,
So together we'll stand, and we'll work hand in hand and we'll bring about the birth of a new day.
Yes, we'll bring about the birth ... we'll bring about the birth ... we'll bring about the birth of a new day!

Think and Share Invitations

* People can be face to face when they are having a wonderful conversation. They can also be face to face when they are yelling at each other, and angry with each other. Think of a time when you were face to face with an angry person, and share how you handled it, to help the two of you work side by side towards a common goal.

* Think and share about some of the common goals which we all share, and towards which we can work together. Verses 1 and 3 might offer you some ideas to consider.

Copyright 1989 by Linda K. Williams LKW_BetterWorld@yahoo.com

This song is also on the album **Songs to Build a Better World.**

YouTube Link for the song: https://www.youtube.com/watch?v=P6JFU9n_58M&list=OLAK5uy_IZA521IUHKJOofAu5vgG5M3-F1EhPC6IE&index=8
YouTube for the album: https://www.youtube.com/playlist?list=OLAK5uy_IZA521IUHKJOofAu5vgG5M3-F1EhPC6IE