



Kindergarten and Grade 1 Song Lyrics

The Learner Song

Focus
Focus
Listen
Listen
Use your self-talk
Be assertive

Focus
Focus
Listen
Listen
Use your self-talk
Be assertive

Focus
Focus
Listen
Listen
Use your self-talk
Be assertive

This is the way we all can learn
This is the way we all can learn

First you focus, get your attention
Use eyes and ears and brain
Now you listen, make sure you listen
Use eyes and ears and brain
Use your self-talk: Say "I can do this"
And "Focus, focus now"
Be assertive: If you don't get it,
Just ask for help out loud

This is the way we all can learn
This is the way we all can learn

First you focus, get your attention
Use eyes and ears and brain
Now you listen, make sure you listen
Use eyes and ears and brain
Use your self-talk: Say "I can do this"
And "Focus, focus now"
Be assertive: If you don't get it,
Just ask for help out loud





Kindergarten and Grade 1 Song Lyrics

The Feelings Song

Happy is a smile and a twinkle in
the eye
Happy is a friend or a home made
apple pie

Chorus:
Everyone has feelings
We show them on our faces
(show them on our faces)
We feel them in our bodies
(feel them in our bodies)
We tell them with our voices
How you feel the way you feel

Sad is a tear and a head hanging down
Sad is when you lose your special toy
in town

Chorus

Anger is a fist and a heart beating fast
Anger's being pushed, falling down,
and coming last

Chorus

Scared is a gasp—your legs start
to shake
Scared is hearing thunder that gives
your house a shake

Chorus

How you feel the way you feel
How you feel the way you feel
How you feel the way you feel...



Kindergarten and Grade 1 Song Lyrics

The Calm-Down Song

When your heart is all aflutter
And you're panting like a dog
When your legs are feeling shaky
And your mind is in a fog

Chorus:

It's time to put your hands on
your tummy

(hands on your tummy)

Then say "Stop" (say "Stop")

Name your feeling

(name your feeling)

Take a belly breath

And then you calm right down

(calm right down)

When you've just been scared
by something

And your belly starts to ache

When you're really sad and worried

And your hands begin to shake

Chorus

Yeah, when you're bursting
with excitement

And you're spinning like a top

When you've had a disappointment

And your special plans went *flop*

Chorus

Take a belly breath

And you calm right down

(calm right down)

Take a belly breath

And you calm right down

(calm right down)



Kindergarten and Grade 1 Song Lyrics

The Anger Song

Anger is a feeling
It rushes up inside
Anger is a feeling
It can catch you by surprise

We all feel angry sometimes
But acting mean is not okay
When we're feeling angry
We must calm down right away

Put your hands on your tummy
(hands on your tummy)
Then say "Stop"
Name your feeling ("I feel mad!")
What's that feeling? ("I feel mad!")
Take a belly breath
Then you calm right down

Anger stops us thinking
It makes us want to act
In ways that could hurt others
With our words or with our hands

We all feel angry sometimes
But acting mean is not okay
When we're feeling angry
We must calm down right away

So put your hands on your tummy
(hands on your tummy)
Then say "Stop"
Name your feeling ("I feel mad!")
What's that feeling? ("I feel mad!")
Take a belly breath
Then you calm right...
Take a belly breath
Then you calm right...
Take a belly breath
Then you calm right down.

(Whew! Thank you. Don't let it get
you down.)



Kindergarten and Grade 1 Song Lyrics

The Problem-Solving Song

If I'm stuck and in trouble
And I don't know what to do
There are four problem-solving steps
That always help me through

Number one: It's the S step
(S: Say the problem)
What is the problem?

Number two: It's the T step
(T: Think of solutions)
What can we do?

Number three: It's the E step
(E: Explore consequences)
What might happen?

Number four: It's the P step
(P: Pick the best solution)
What will work the best?

So let's all remember
The four problem-solving steps
Let's say them one time over
So we never forget!

One, two, three, four
S, T, E, P

What is the S step?
(Say the problem)
What is the T step?
(Think of solutions)
What is the E step?
(Explore consequences)
What is the P step?
(Pick the best solution)

If I'm stuck and in trouble
And I don't know what to do
I use the problem-solving steps
They always help me through

'Cause I am a problem-solver!
(I am a problem-solver!)
I am a problem-solver!
(I am a problem-solver!)
I say I am a problem-solver!
(I am a problem-solver!)
I am a problem-solver!
(I am a problem-solver!)

S, T, E, P (S, T, E, P)
S, T, E, P (S, T, E, P)
S, T, E, P (S, T, E, P)
S, T, E, P (S, T, E, P)





Kindergarten and Grade 1 Song Lyrics

The Fair Ways to Play Song

When we both want the new, new toy
Right at the same, same time
When we both start to grab, grab it
What, what can we do?

Chorus:

We can share, we can trade
We can take turns with each other
We can share, we can trade
Let's take turns with one another now
La, la, la...

When we both want the red, red paint
Right at the same, same time
When we both start to grab, grab it
What, what can we do?

Chorus

When we both want the cool, cool bike
Right at the same, same time
When we both start to grab, grab it
What, what can we do?

Chorus

If we want to be good, good friends
And have fun, fun together
Try the fair ways to play, play, play
Sing, sing them out loud

Chorus

Chorus

