

Unit 1 Song Lyrics

The Welcome Song

Tune: "Skip to My Lou" chorus

Join In and Sing *CD Track 1*

This song names and recognizes every child in the class.
Put a different child's name in each blank.

_____ is here clap your hands,
_____ is here clap your hands,
_____ is here clap your hands,
Clap your hands together.

Repeat the song until all names are said. Two or three short names can be said at once to make it quicker (_____ and _____ are here.) Actions can be changed each time the chorus is sung. Additional action ideas:

- Pat your legs
- Flap your wings
- Touch your nose
- Pat your head
- Raise your hands

The Clean-Up Song

Tune: "Are You Sleeping?"

Join In and Sing *CD Track 2*

Time for clean up,
Time for clean up,
Done with play,
Done with play,
Everybody helping,
Everybody helping,
Toys away,
Toys away.

The Listening Rules Song

Tune: "Are You Sleeping?"

Join In and Sing *CD Track 3*

Eyes are watching,
Ears are listening,
Voices quiet,
Bodies calm,
This is how we listen,
This is how we listen,

At group time,
At group time.

Do the actions for the Listening Rules as you sing the song.

The How to Learn Song

Tune: "The Farmer in the Dell"

Join In and Sing *CD Tracks 4-7*

Starting with Week 3, teach new verses each week to match the Weekly Theme. Continue singing previous verses. The last verse is a review verse following Week 6.

Verse 1 (Teach this in Week 3)

We use the Listening Rules,
We use the Listening Rules,
This is how we all can learn,
We use the Listening Rules.

Verse 2 (Teach this in Week 3)

We focus our attention,
We focus our attention,
This is how we all can learn,
We focus our attention.

Verse 3 (Teach this in Week 4)

We use our self-talk too,
We use our self-talk too,
This is how we all can learn,
We use our self-talk too.

Verse 4 (Teach this in Week 5)

We say directions again,
We say directions again,
This is how we all can learn,
We say directions again.

Verse 5 (Teach this in Week 6)

We say what we need and want,
We say what we need and want,
This is how we all can learn,
We say what we need and want.

Unit 2 Song Lyrics

If You're Happy and You Know It

Tune: "If You're Happy and You Know It"
Join In and Sing CD Tracks 8–12

Happy Verses (Teach these in Week 7)

**If you're happy and you know it, make a smile,
If you're happy and you know it, make a smile,
If you're happy and you know it, then your face will
surely show it,
If you're happy and you know it, make a smile.**

If you're happy and you know it, say, "Hurray!"
Continue the song's pattern to complete this verse.

Sad Verses (Teach these in Week 7)

If you're sad and you know it, make a frown
Continue the song's pattern to complete this verse.

If you're sad and you know it, cry "Boo-hoo"
Continue the song's pattern to complete this verse.

Surprised Verses (Teach these in Week 8)

If you're surprised and you know it, make big eyes
(make surprised face)
Continue the song's pattern to complete this verse.

**If you're surprised and you know it, shout out
"Wow!"**
Continue the song's pattern to complete this verse.

Afraid/Scared Verses (Teach these in Week 8)

If you're scared and you know it, hands to face
(put palms to sides of face; make afraid face)
Continue the song's pattern to complete this verse.

If you're scared and you know it, shout out "Eeek!"
Continue the song's pattern to complete this verse.

Mad/Angry Verses (teach these in Week 9)

If you're mad and you know it, stomp your feet
Continue the song's pattern to complete this verse.

If you're angry and you know it, say, "I'm mad"
Continue the song's pattern to complete this verse.

I Have Feelings

Tune: "Twinkle, Twinkle Little Star"
Join In and Sing CD Track 13

**I have feelings,
You do, too.
Let's all sing about a few.
I am happy,
I am sad,
I am scared, and
I am mad,
I have feelings,
You do, too.
We just sang about a few.**

Everyone Has Accidents

Tune: "I'm a Little Teapot"
Join In and Sing CD Track 14

**Everyone has accidents,
Yes they do!
Things they did not
Mean to do.
When you have an accident
Then you say,
"I didn't mean to,
Are you okay?"**

The Caring and Helping Song

Tune: "Three Blind Mice"
Join In and Sing CD Track 15

**Show everyone you care,
About how they feel,
Show everyone you care,
About how they feel.
Listen to them, help them,
Listen to them, help them,
Show everyone you care.**

Unit 3 Song Lyrics

Feelings in My Body

Tune: "London Bridge"
Join In and Sing *CD Track 16*

**I have feelings yes I do,
Yes I do, yes I do,
My body tells me how I feel,
Feelings in my body.**

My legs, my tummy, face and heart (have children touch these body parts),
Face and heart, face and heart,
My legs, my tummy, face and heart (have children touch these body parts),
Tell me how I'm feeling.

How Have You Been Feeling?

Tune: "Are You Sleeping?"
Join In and Sing *CD Track 17*

Teacher: **Where is Alex? Where is Alex?**

Alex: **Here I am, Here I am.**

Teacher: **How have you been feeling?**

Alex: **I've been feeling happy.**

Teacher: **Hop over here, hop over here.**

(Have Alex hop to the group)

Teacher: **Where is _____? Where is _____?**

_____ : **Here I am, Here I am.**

Teacher: **How have you been feeling?**

_____ : **I've been feeling _____.**

Teacher: **Walk over here, walk over here.**

(Have _____ walk to the group.)

Repeat using other children's names. You can substitute another action for "hop" and "walk," such as skip, tip-toe, or jump.

When My Feeling's Very Strong

Tune: "Mary Had a Little Lamb"
Join In and Sing *CD Tracks 18–20*

Verse 1 (Teach this in Week 14)
**When my feeling's very strong,
Very strong, very strong,
On my tummy go my hands,
And I say "Stop" out loud.**

Verse 2 (Teach this in Week 15)
**My feeling, yes it has a name,
Has a name, has a name,
I say I'm feeling frustrated** (hold up Weekly Theme Card 14),
I say the name out loud.

Verse 3 (Teach this in Week 16)
**Then I take some belly breaths,
Belly breaths, belly breaths,
Then I take some belly breaths,
'Cause breathing calms me down.**

The Calm-Down Chant

Call and response
Join In and Sing *CD Track 21*

Let's do our Calm-Down Chant!

Hands on my tummy (Response: Hands on my tummy)

Then say "Stop" (Response: Say "Stop")

Name my feeling (Response: Name my feeling)

Take a belly breath (Children take a belly breath)

Let's do it one more time!

Hands on my tummy (Response: Hands on my tummy)

Then say "Stop" (Response: Say "Stop")

Name my feeling (Response: Name my feeling)

Take a belly breath (Children take a belly breath)

The Waiting Song

Tune: "The Farmer in the Dell"

Join In and Sing *CD Track 22*

**Oh when we need to wait,
Oh when we need to wait,
We can count and we can breathe,
And sing to help us wait.**

**We count out loud to six,
One, two, three, four, five, six,
Then we take a belly breath (Have children breathe)
And sing to help us wait.**

**We're waiting to go outside,
One, two, three, four, five,
We can count and we can breathe,
And sing to help us wait.**

Change the underlined activity to whatever the children are waiting for.

Unit 4 Song Lyrics

Playing Fairly

Tune: "Twinkle, Twinkle Little Star"
Join In and Sing *CD Track 23*

**Play together, trade, take turns,
These are three Fair Ways to Play.
Play together with the toys,
Trading toys is when we switch,
Taking turns, you use it first,
Then I get to use it next.
Play together, trade, take turns,
These are three Fair Ways to Play.**

When We Play Together

Tune: "The More We Get Together"
Join In and Sing *CD Track 24*

**When we play together,
Together, together,
When we play together,
How happy we'll be.**

**'Cause my friends are your friends,
And your friends are my friends,
When we play together,
How happy we'll be.**

**When we share together,
Together, together,
When we share together,
How happy we'll be.**

**'Cause my toys are your toys,
And your toys are my toys,
When we play together,
How happy we'll be.**

You can have two children hold hands and rock back and forth to the song.

The Joining Play Song

Tune: "London Bridge"
Join In and Sing *CD Track 25*

**If you see some friends at play,
Friends at play, friends at play,
And you want to join their play,
What can you do?**

**Watch their play and give ideas,
Give ideas, give ideas,
Then you ask to join their play
In a friendly way.**

When You Have a Problem

Tune: "I'm a Little Teapot"
Join In and Sing *CD Tracks 26–27*

Verse 1 (Teach this in Week 23)
**When you have a problem
And you're mad,
First you need to
Calm right down.**

Verse 2 (Teach this in Week 23)
**Next you say the problem
With your words,
Then you think of
Things to do.**

Verse 3 (Teach this in Week 24)
**When you have ideas
Then you can
Pick the one that
Works the best.**

Verse 4 (Teach this in Week 24)
**You're a problem-solver
Yes it's true,
You know just what
You can do.**