

# Superhero

Charity Kahn

© 2006 "Charity and the JAMband" *Rock Your Socks Off*

Sometimes I feel a little bit scared  
And sometimes I feel a little shy.  
Sometimes I feel a little bit cranky  
And sometimes I even wanna cry.  
But when the chips are down  
And the day's in trouble;  
Well, then I'm brave, I'm super brave.  
Then I'm strong. I'm super strong  
'Cause the day needs me to do a super save.

Everyone has a super power to share  
To make the world a better place.  
It might be singin' or dancin'  
Or drawin' or jammin'  
Or puttin' a smile on someone else's face.

## Chorus:

And when you use it you're a superhero.  
(Wah-oo-wow!)  
Oh you're super cool (Super cool!)  
Travelin' from there to he-ro (he-ro)  
Doin' what you do. (what you do)

Sometimes I feel a little bit mad  
And sometimes I get pretty mean.  
Sometimes I can be rather naughty  
And sometimes I even wanna scream.  
But when the day is failin' and the swan is singin'  
I look within to find my super star,  
My super-geek, my superfreak,  
'Cause what I do best, that's my super power!

Everyone has a super power to share  
To make the world a better place.  
It might be buildin' or countin' or writin' or rescuin'  
Or puttin' a smile on someone else's face  
*Repeat chorus.*

I can run like the wind, fly to Mars,  
Leap to the moon and juggle the stars.  
I can walk on water, swim like a fish,  
Spin a ring around the rosie like a whirling dervish.  
I can stick to a skyscraper or a mountain  
Climb 'em right side up and "upsidedowntain,"  
Got a wish in my heart and a trail to blaze.  
I'm strong and brave and a little bit crazy.  
I got super powers and so do you, baby.

Our job, we do it real well,  
Is to use our powers for good, never for evil!

Everyone has a super power to share,  
To make the world a better place.  
It might be runnin' or jumpin' or swimmin' or flyin'  
Fixin' or teachin' or multiplyin',  
Talkin' or listenin', or simplifyin',  
Playin' or healin', or workin' or feelin',  
Or puttin' a smile on someone else's face.  
*Repeat chorus.*



# 🎵 Late Last Night

Lyrics and music by Joe and Linda Scruggs  
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Late last night while you were asleep,  
Someone put some **springs** on your feet.  
Boing! Boing! You sprang out of bed.  
And you jumped so high you almost hit your head.

Late last night while you were asleep,  
Someone put **ballet shoes** on your feet.  
Tippie toe, tippie toe, up then down  
Tippie toe, tippie toe, 'round and 'round.

Late last night while you were asleep,  
Someone put **ice skates** on your feet.  
Skating on a frozen pond with your friends  
Button up your coat against the cold north wind.

Late last night while you were asleep,  
Someone put **space boots** on your feet.  
Climbing up the ladder into your rocket ship,  
Going to blast off for a long space trip.  
Late last night while you were asleep,  
Someone put **flippers** on your feet.  
Swimming through the ocean in your scuba gear.  
Swimming through the ocean, hoping no sharks  
are here.

Late last night while you were asleep,  
Someone put **cycle boots** on your feet.  
Riding your motorcycle going so fast,  
Up and down hills, better give it some gas.

Late last night while you were asleep,  
Someone put **flip-flops** on your feet.  
Wearing your flip-flops down to the beach.  
So the hot, hot sand won't burn your feet.

Late last night while you were asleep,  
Someone put **cowboy boots** on your feet,  
Giddyup a Giddyup, riding again,  
You've got steers to brand and fences to mend.

Late last night while you were asleep,  
Someone put **moccasins** on your feet.  
Sneaking through the forest not making a sound.  
Sneaking through the forest so you won't be found.

Late last night while you were asleep,  
Someone put **roller skates** on your feet.  
Roller skating at the rink on Sunday afternoon.  
Skating in a circle and humming a tune.

Late last night while you were asleep,  
Someone put **tap shoes** on your feet.  
Wearing your tap shoes, clickety-clack,  
Dancing in your tap shoes forward and back.  
Late last night while you were asleep,  
Someone put **cleats** on your feet.  
Stealing third base, burning up the ground,  
Throwing long passes, making touchdowns.

Late last night while you were asleep,  
Someone put your **own shoes** on your feet.  
Going to school and having fun.  
Laughing and singing 'cause this song's done.





# If I Had Wings

Richele Bartkowiak

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If I had the wings of an airplane,  
Up to the hills I would fly.  
Flying around in the sweet breeze,  
Watching the clouds rolling by.  
Ooh lah lah, ooh lah lah, ooh lah lay.  
Ooh lah lah, ooh lah lah lay.  
Ooh lah lah, ooh lah lah, ooh lah lay.  
Ooh lah lah, ooh lah lah lay.

If I had the wings of butterfly,  
Up to the mountains I'd fly.  
Floating around on the sweet breeze,  
Watching the clouds floating by.  
Ooh lah lah, ooh lah lah, ooh lah lay.  
Ooh lah lah, ooh lah lah lay.  
Ooh lah lah, ooh lah lah, ooh lah lay.  
Ooh lah lah, ooh lah lah lay.  
Ooh lah lah, ooh lah lah lay.

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# Herman the Worm

Stephen Fite

Begin the story by telling children to look in their pocket for a piece of imaginary bubble gum. Have children pretend to unwrap the wrapper (make a crinkling sound) and put the gum in their mouth and chew it until it is soft and gooey. Have children wad the imaginary wrapper back up and put it in their pocket. Then have children look in their other pocket to find an imaginary yo-yo. Tell children to put the yo-yo string on their finger and practice playing with the yo-yo using the word "doo-wop." After enjoying this song, talk about the impossible things Herman eats.

I was sittin' on the fence post  
Chewin' on my bubble gum (*chomp, chomp*)  
Playin' with my yo-yo (*do wop*)  
When along came Herman the Worm.  
And Herman was this big.  
(*use fingers to show about an inch; make this size increase with each verse until eventually your arms are spread wide*)  
And I said, "Herman, what happened?"  
And Herman said, "Daaaaaaa, I swallowed a **bug**!"  
(*wiggle index finger like an inch worm*)  
A bug! Oooh, yuck!  
But the silly Herman, he didn't say another word.  
He just crawled away.

## Other verses:

I swallowed a <b>mouse</b> !	( <i>move hand like an inch worm</i> )
I swallowed a <b>kitty cat</b> !	( <i>wave arm</i> )
I swallowed a <b>dog</b> !	( <i>wave both arms</i> )
I swallowed a <b>pig</b> !	( <i>stretch both arms out to the side and make wave motion</i> )
I swallowed a <b>cow</b> !	( <i>raise both arms overhead with palms together; make a full body wave motion</i> )

On the last verse, Herman does not swallow something, he burps.

Daaaaaaa, I burped!  
(*make Herman size an inch again*)



# All Together

© Jack Hartmann and Becky Bailey

All together we can live in peace.

*(make peace signs with both hands, rotate hands in circles)*

Sisters, brothers in the sun.

*(hold hands overhead and slowly lower them to the side)*

Working, playing every day with love

*(make fist with right hand and tap left wrist and then cross both hands over heart)*

All together, we are one.

*(hold up index finger on both hands and make circles)*