

Fill Your Bucket

Don Monopoli
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Invite children to form a circle. Place a bucket in the center of the circle. Each time you sing the chorus, children can pretend to add an object to the bucket.

Hold the hands of the friends on either side of you.
And don't let go at all. It's what we all should do.
It's only holding hands but it means so much.
We're filling buckets with just a simple touch.

Let's be bucket fillers. That's what we all should be.
Our bucket is invisible. It's really make-believe.
But there's no doubt in what a kind act can do.
It makes someone feel good, then comes right back to you.

Chorus:

When we're kind, we fill our bucket.
When we're nice, we fill yours, too.
When we help, we fill our bucket.
When we smile, we fill yours, too.

Keep holding hands and sway from side to side.
We feel much better now, and we know why.
It's only holding hands but it means so much.
We're filling buckets with just a simple touch.
(Repeat chorus.)

Keep holding hands and standing straight and tall.
Bring your hands up real high and don't let go at all.
It's only holding hands but it means so much.
We're filling buckets with just a simple touch.
(Repeat chorus.)

Keep holding hands and shout, "Hip, Hip, Hooray!"
Let's celebrate filling our buckets today.
When you wake up tomorrow to start your day,
Refill your bucket with all you do and say.
(Repeat chorus.)

This song can be performed by standing or sitting. Have children perform the movements described in each verse and the actions in italics in the chorus.

Reach your arms up towards the stars.
Grab some sparkle touch your heart.
This is where your kindness starts.
Take your arms and share it all around.



Reach your arms up towards the stars.
Grab some sparkle touch your mouth.
This is where your kind words start.
Take your arms and share it all around.

Chorus:

You give me sparkle	<i>(hold your arms up and wiggle your fingers)</i>
I give it back to you	<i>(point to yourself and then a friend)</i>
Now we both have sparkle.	<i>(hold your arms up and wiggle your fingers)</i>
It's sparkle times two.	<i>(hold up two fingers)</i>

Reach your arms up towards the stars.
Grab some sparkle holding hands.
This is where your helping starts.
Take your arms and share it all around.
Reach your arms up towards the stars.
Grab some sparkle touch your head.
This is where your kind thoughts start.
Take your arms and share it all around.
(Repeat chorus.)



Reach your arms up towards the stars.
Grab some sparkle and hug yourself.
This is where your loving starts.
Take your arms and share it all around.
Reach your arms up towards the stars.
Grab some sparkle touch your heart.
Kind words and helping hands.
Kind thoughts and loving hugs.
(Repeat chorus.)

♪ Encouraging Words

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Chorus:

I've got encouraging words, in my mind. (3x)

(Hand jive.)

And I can share them all with you.

(Stand back to back with partner, turn to face partner, smile and point to partner.)

"You can do it!" is what I say. (3x)

(Clap both hands to partners' hands followed by pumping your hands back and forth with thumbs pointing at yourself.)

That's what I say to you.

(Stand back to back with partner, turn to face partner, smile and point to partner.)

(Repeat chorus.)

"Way to go! You did it!" is what I say. (3x)

(Clap both hands to partners' hands followed by pumping your hands back and forth with thumbs pointing at yourself.)

That's what I say to you.

(Stand back to back with partner, turn to face partner, smile and point to partner.)

(Repeat chorus.)

"I wish you well!" is what I say. (3x)

(Place both hands on your heart and extend out toward partner, followed by pumping your hands back and forth with thumbs pointing at yourself.)

That's what I say to you.

(Stand back to back with partner, turn to face partner, smile and point to partner.)

(Repeat chorus.)



Be, Be, Be, Be Yourself

Ronno

Lyrics by Judy Millar, Liz Jones-Twomey, Ron Hiller/RONNO, Pam Schiller

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*Hey, do you hear a marching band?
Yeah, and here it comes!*

Let's all march in the big parade
One-by-one with the friends we've made.
Lift legs high
Swing arms, too.
Be yourself – do your best – yes, you!

Chorus:

Be, be, be, be yourself (*Be yourself!*)
Do, do, do, do your best (*Do your best!*)
Say, say, say, I'm getting better every day.
1, 2, 3, 4, Hooray! (*Hooray!*)

*Let's march with a partner this time
Yeah! OK! Alright! Sure!*
March with a partner – here we go!
Not too fast, but not too slow.
As you march, sing this song
With your partner, sing along!

(Repeat chorus twice.)

Tony Chestnut

Don Monopoli

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"Tony Chestnut" is a play on words. The actions for the word *Tony* are "toe"- "knee." The actions for the word *chestnut* are "chest"- "head" (*nut* meaning *head*). Words that sound alike but have different meanings and spellings are called homophones. Tony Chestnut uses the homophone pairs: knows/nose and eye/I. Mostly this song is just fun for kids.

Tony Chestnut	<i>(touch toe, knee, chest, head)</i>
Knows I love you.	<i>(touch nose, eye, hand over heart; point to partner)</i>
Tony knows.	<i>(touch toe, knee, nose)</i>
Tony knows.	<i>(touch toe, knee, nose)</i>
Tony Chestnut	<i>(touch toe, knee, chest, head)</i>
Knows I love you.	<i>(touch nose, eye, hand over heart; point to others)</i>
That's what Tony knows.	<i>(touch toe, knee, nose)</i>
Tony, Tony and his sister Eileen.	<i>(point to toes, knees, toes, knees then lean right)</i>
And Eileen loves Neil and Neil loves Pat.	<i>(lean to the right, kneel and pat your shoulders)</i>
But Pat still loves Bob.	<i>(pat shoulders and bounce head back and forth)</i>
And there's Russell and Skip.	<i>(stand up, wiggle legs then skip in place)</i>
This song is silly, but it's hip.	<i>(make a silly face then stick out right hip and point to it)</i>
How it ends, just one man knows.	<i>(turn and point to bottom)</i>
And guess what (what),	<i>(hold arms up in the air)</i>
It's Tony Chestnut.	<i>(point to toes, knees, chest, head)</i>

Lovingkindness

Charity Kahn

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Sway through the entire song. Follow directions as indicated.

Chorus:

May I be happy, may I be well	<i>(extend first right then left hand from heart to your side)</i>
May I be safe and sound	<i>(make a circle with arms like cradling a baby)</i>
May I be peaceful, may I be at ease	<i>(make a peace sign with each hand)</i>
With love in my heart and all around.	<i>(pat chest and swoop arms over head)</i>
May you be happy, may you be well	<i>(repeat movements above)</i>
May you be safe and sound	
May you be peaceful, may you be at ease	
With love in your heart and all around.	

Verse 1:

You can sing your love.	<i>(place hands beside mouth as if shouting)</i>
You can dance your love.	<i>(dance in place)</i>
You can play your love.	<i>(pretend to play a guitar)</i>
Today, my love.	<i>(hold hands out and wiggle fingers)</i>
You can laugh your love.	<i>(smile big and wink)</i>
You can cry your love.	<i>(rub fist beside eyes)</i>
You can walk your love.	<i>(walk in place)</i>
And you can fly your love	<i>(hold arms out to side and fly them)</i>
All around.	<i>(swoop arms overhead)</i>

(Repeat chorus.)

Verse 2:

You can sit with your love.	<i>(sit down on your knees)</i>
You can breathe with your love.	<i>(raise hands overhead)</i>
You can listen to your love.	<i>(place hands beside ears)</i>
It's in your heart, my love.	<i>(place both hands over heart and pat)</i>
You can share your love.	<i>(hold hands out together, palms up)</i>
You can shine your love.	<i>(place hands overhead, bring down to each side)</i>
You can be your love.	<i>(be still and close eyes)</i>
And you can spread your love	<i>(swoop hands overhead and all around)</i>
All around.	

May we be happy, may we be well	<i>(same motions as chorus)</i>
May we be safe and sound	
May we be peaceful, may we be at ease	
With love in our hearts and all around	
May we be happy, may we be well	
May we be safe and sound.	
May we be peaceful, may we be at ease	
With love in our hearts and all around.	