

## Follow a Dream

### 1. Spread a Little Sunshine

*Activity- Make a new friend today, be a good helper, sing a song together; these are some ways to make the day brighter and Spread a Little Sunshine. Start the day with some positive thoughts and words and children can share how they can make the day brighter.*

Chorus: Spread a little sunshine to start this day off right  
I'm gonna spread a little sunshine  
With my own special light.

Shine my light with my ...

Hands I can clap	Hands I can clap
Toes I can tap	Toes I can tap
Eyes I can wink	Eyes I can wink
Brain I can think	Brain I can think
Hank I can shake	Hand I can shake
Friend I can make	Friend I can make

I'm gonna let my light shine all around, all around  
Oh, I'm gonna let my light shine all around

(Repeat chorus and movement, call and response)

## 2. Five Big Dinosaurs

*Activity – Use this fun finger play on any dinosaur theme. Start out with five fingers then subtract one by one as your hand runs and hides behind your back.*

Hold up your hand move your fingers to the beat  
These are the dinosaurs so very big  
When we start out let me see all five  
Then oops say good-bye...means one goes and hides

Five big dinosaurs stomping all around  
Stompin' and a boppin' swaying to the sound  
There goes one dinosaur, oops, say good-bye  
Four big dinosaurs still left behind

Four big dinosaurs stomping all around  
Stompin' and a boppin' swaying to the sound  
There goes one dinosaur, oops, say good-bye  
Three big dinosaurs still left behind

Three big dinosaurs stomping all around  
Stompin' and a boppin' swaying to the sound  
There goes one dinosaur, oops, say good-bye  
Two big dinosaurs still left behind

Two big dinosaurs stomping all around  
Stompin' and a boppin' swaying to the sound  
There goes one dinosaur, oops, say good-bye  
One big dinosaur still left behind

One big dinosaur stomping all around  
Stompin' and a boppin' swaying to the sound  
There goes the dinosaur, oops, say good-bye  
No more dinosaurs left behind

No more dinosaurs stomping all around  
Stompin' and a boppin' swaying to the sound  
But, stop and look the five dinosaurs are back once again  
Ready to play together as friends  
Ready to play together as friends

### **3. The Dinosaur Stomp**

*Activity – Children can pretend to be their favorite dinosaur. Follow the movements and have fun dancing together. Everyone “freeze” when Tyrannosaurus says “stop” then continue dancing the Dinosaur Stomp. Have some dinosaur fun!*

Hey, Brontosaurus, Triceratops, hey T-Rex  
Everyone let's dance  
Come on everybody do a dance with me  
It started long ago when dinosaurs roamed free  
When they wanted to party, play and romp  
They'd do a little thing called the Dinosaur Stomp

(Movement Verse)

Lift your right leg up and take some giant steps  
Lift your left leg high and do the same again  
Walk like a big Brontosaurus swaying back and forth  
Turn around and round and give a mighty roar  
Now swing your tail to the right and to the left and jump!  
Now you're doin' the Dinosaur Stomp

All of the dinosaurs, everyone  
We're movin' and groovin' having dinosaur fun!  
Then the T-Rex said “let the music stop” (Freeze)  
But, they all kept doin' the Dinosaur Stomp

(Repeat Movement Verse)

#### 4. Swim to the Top

*Activity – Units on sea life, self-esteem or being persistent can be enhanced with this fun movement song. Children can move like the different sea animals. At my concerts, the children love to jump when we sing “to the top”.*

All the little dolphins way down - In the deep blue sea all around  
Learning how to play and to swim - Ask their mama how to begin  
Their mama said - get ready to move - Point up to the sky  
Always be proud you're a dolphin - Hold your head up high  
Get set to swim and dive - As you sing this song  
You are growing up each day - You are growing strong

Chorus:                    So swim, swim, swim, swim, swim. Never stop  
Swim, swim, swim, swim, swim. All you've got  
Swim, swim, swim, swim, swim. Never stop  
Keep going high, high, high – To the top, swim to the top

All the little sea turtles way down – In the deep blue sea all around  
Learning how to play and to swim – Ask their daddy how to begin  
Their daddy said – get ready to move – Paddle strong and wide  
Always be proud you're a turtle – Hold your head up high  
Get set to paddle and glide – As you sing this song  
You are growing up each day – You are growing strong

(Repeat Chorus)

All the little fishes way down – In the deep blue sea all around  
Learning how to play and to swim – Ask their grandma how to begin  
Tell me grandma – get ready to move – Flutter your fins by your side  
Always be proud you're a fish – Hold your head up high  
Zigzag back and forth – As you sing this song  
You are growing up each day – You are growing strong

(Repeat Chorus)

## 5. Sports Dance

*Activity – Children can sing along and move like they're dancing and doing the different sports.  
They can make up other dances to many of the other sports.*

Let's dance. Let's dance. There are so many ways we can dance.  
You can do the cha cha. Cha, cha, cha.  
You can do the twist. Twist, twist, twist.  
You can do the monkey. Mo, mo, monkey. And you can dance like this ...

Chorus: Do the sports dance; it's really fun.  
Do the sports dance; come on everyone.

I can do, you can do the baseball throw.  
Do the, do the, baseball throw.  
I can do, you can do the basketball shoot.  
Do the, do the, basketball shoot.  
I can do, you can do the weightlifter's pump.  
Do the, do the weightlifter's pump.

(Repeat Chorus)

I can do, you can do the runner's stretch.  
Do the, do the runner's stretch.  
I can do, you can do the high jumper's jump.  
Do the, do the high jumper's jump.  
I can do, you can do the swimmer's crawl.  
Do the, do the swimmer's crawl.

(Repeat Chorus 2X)

## 6. The Olympic Games

*Activity – Children can echo and sing along with the children on the recording. Lots of hands-on projects can be done with the children (i.e. Color the Olympic Rings, create a pledge to play fair, talk about what they like about the Olympics, learn more about the history.)*

Chorus:

The Olympic Games started long ago.  
The Olympic Games started in Greece you know.  
The Olympic Games, now all the world will come.  
The Olympic Games are for everyone.

The Olympic torch will be shining bright. (Repeat)  
It burns for peace through the day and night. (Repeat)  
All the flags of the world will be flying free. (Repeat)  
All the athletes are proud of their country. (Repeat)

(Repeat Chorus)

The athletes take the Olympic oath. (Repeat)  
They pledge to play fair and be a good sport. (Repeat)  
The Olympic symbol has five colored rings. (Repeat)  
All the people of the world will together sing. (Repeat)

(Repeat Chorus)

## 7. A Place on the Farm

*Activity – Children can learn about the special roles of the different animals. They can sing along, make animal actions and try to imitate the “real” sounds of some farm animals. We wanted children to hear the real animal sounds.*

Chorus: Everyone has a place on the farm  
Everyone does their special part  
They wake up early with the rising sun  
Then rest and sleep when the day is done.

The cows chew grass each day.  
They give their milk in a special way.  
They make a sound you can hear them say \_\_\_\_\_  
(Real cow) (Children imitate sound)  
On the farm each day. (Children imitate sound) In a special way.

The pigs play out in the pen each day.  
They roll all around in a special way.  
They make a sound you can hear them say \_\_\_\_\_  
(Real pig) (Children imitate sound)  
On the farm each day. (Children imitate sound) In a special way.

The ducks waddle by the lake each day.  
They wiggle-waggle in a special way.  
They make a sound you can hear them say \_\_\_\_\_  
(Real duck) (Children imitate sound)  
On the farm each day. (Children imitate sound) In a special way.

(Repeat Chorus)

The horses clip-clop in the barn each day.  
They clip-clop and ride in a special way.  
They make a sound you can hear them say \_\_\_\_\_  
(Real horse) (Children imitate sound)  
On the farm each day. (Children imitate sound) In a special way.

The sheep graze in the field each day.  
They give their wool in a special way.  
They make a sound you can hear them say \_\_\_\_\_  
(Real sheep) (Children imitate sound)  
On the farm each day. (Children imitate sound) In a special way.

The rooster stands proud on the farm each day.  
He says good morning in a special way.  
He makes a sound you can hear him say \_\_\_\_\_  
(Real rooster) (Children imitate sound)  
On the farm each day. (Children imitate sound) In a special way.

(Repeat Chorus)

## 8. PEACE

*Activity – Just like the familiar song BINGO, but with a positive, hopeful message. Children can sing along, clap and try in their own special way to bring a little peace to the world. Everyone can think of new ideas of what peace means to them.*

There is a way that we can live and PEACE is the way  
P-E-A-C-E, P-E-A-C-E, P-E-A-C-E and PEACE is the way.

PEACE is shaking someone's hand and being a good friend  
Clap-E-A-C-E, clap-E-A-C-E, clap-E-A-C-E  
And being a good friend

PEACE is dancing to the beat and having fun together  
Clap, clap-A-C-E, clap, clap-A-C-E, clap, clap-A-C-E  
And having fun together

PEACE is sharing your nice smile and spreading lots of sunshine  
Clap, clap, clap-C-E, clap, clap, clap-C-E, clap, clap, clap-C-E  
And spreading lots of sunshine

PEACE is choosing not to hurt and playing safe together  
Clap, clap, clap, clap-E, clap, clap, clap, clap-E, clap, clap, clap, clap-E  
And playing safe together

PEACE is helping with our hands and being kind to others  
Clap, clap, clap, clap, clap; clap, clap, clap, clap, clap; clap, clap, clap, clap, clap  
And being kind to others

There is a way that we can live and PEACE is the way  
P-E-A-C-E, P-E-A-C-E, P-E-A-C-E and PEACE is the way

## 9. Peace Soup

*Activity – Make some Peace Soup in your class or at home. Get all kinds of ingredients for the soup. Children could use newspapers, magazines, etc. and cut out words or stories that are about peace – a fun language development and working together activity.*

Chorus: Stir, stir, stir it up; mix it up with lots of love  
There's enough for me and you  
We're gonna make some Peace Soup

Let's start with a little kindness straight from your heart inside.  
Just a little keeps getting stronger; in the soup it'll be just right.  
Then add some great big hugs now; so nice and gentle and sweet.  
Put your best hug right in please; just sweet enough to eat.

(Repeat Chorus)

We'll need all different colors; brown, yellow, black and white.  
They'll work so well together; it'll be such a beautiful sight.  
Always use lots of kind words; show others how much you care.  
One by one drop 'em in the soup now; all over, everywhere.

(Repeat Chorus)

Mix in plenty of friendship; reach out and hold a hand.  
All together, we can make it; Peace Soup across the land.  
Get ready! Let's share our Peace Soup. Each day it'll be so good.  
We'll have peace all around us; just imagine if we could.

(Repeat Chorus)

## **10. One Voice for Children**

*Activity – This song has been performed by children at graduations and special children's events all over the world. Sing it at your special event and everyone will sing with One Voice for Children.*

Will you sing one song. Will you touch one hand.  
Will you light one light. Will you take a stand.  
Will you give them hope; lead them to believe.  
See your children grow. See your children dream.

Can you give your time. Can you give your heart.  
Will you wipe their tears when they fall apart.  
Will they know your love. Lead them to be free  
See you children grow. See your children dream.

Chorus: Sing with one voice for children.  
Sing with one voice for children everywhere.  
Sing with one voice for children.  
Sing out loud, sing out long.  
Sing out proud, sing out strong.

Children: There's so much that I can be. I need you to help me see.  
Everyday I like to play and to learn so many things.  
Please see me for all I am. I will show you that I can.  
I need you so, don't you know. Sing together hand in hand.

(Repeat Chorus 2x)

## 11. Be the Best You Can Be

*Activity: Start the day with this motivational message or sing it anytime when you need some inspiration. Children can discuss why it's important to Give It Your Best and how they can do it each day.*

Chorus: Give it your best. Don't let anybody tell you, you can't do it.  
Give it your best. You've got so much you can offer the world.

If you really try; believe in yourself inside.  
Happiness will follow you and you'll shine, shine, shine.

(Repeat Chorus 2x)

Remember that we're in this world together  
Let's work hand in hand and never say never  
You've got a chance of a lifetime if you try

(Repeat Chorus 2x)

## **12. My Body's a Friend to Me**

*Activity – Themes on learning about ourselves and others can be enhanced with this self-awareness and self-improvement song. Children can be guided through learning self-protection skills. Children can avoid becoming victims of abuse, bullying and injury through learning some basic assertiveness skills.*

Chorus: My body's a friend to me  
My body's a friend to me  
From my head to my nose to my knees to my toes  
My body's a friend to me

I've got to take care of my body. My body does so much for me.  
It lets me know when to eat, when to drink and to sleep.  
And it does it so naturally .

And I can protect my own body  
From the top of my head to my toes.  
Don't push or hit me; shove or kick me.  
I'll protect myself and say don't; don't

(Repeat Chorus)

I'll stand up proud with my body;  
Sometimes speak loud and be strong.  
If anyone, any day touches me a bad way  
I'll say "no" and go tell someone.

I've got to be safe with my body;  
Use my eyes, my ears and my brain.  
If I feel there could be something that could hurt me.  
I stop and just get away; get away!

(Repeat Chorus)

I can feel so much with my body.  
It helps me know what to do.  
I can smile when I'm glad. I can cry when I'm sad.  
I can hug when I say I love you.

So, you've got to be good to your body.  
Your body's such a wonderful friend.  
Shake hands with yourself. Say hi, body; hi, self.  
It's a friendship that will never end.

(Repeat Chorus)

### 13. Good Foods

*Activity – This fun nutrition song can get everyone moving to all the sport action words (i.e. jump, swim, shoot, etc.). Discuss good foods the children like to eat. Starting early enjoying good foods can last a wonderful healthy lifetime. Children can help make some healthy snacks in the classroom.*

What helps your muscles grow big and strong?

Grow, grow, grow big and strong.

What helps your legs run real fast?

Run, run, run real fast.

What helps your arms swim in the water?

Swim, swim, swim in the water

What helps your body grow?

It's good foods help your muscles grow.

Good foods help you run real fast.

Good foods help your arms to swim.

Good foods, alright, Good foods, alright.

Apples, bananas, oranges and grapes.

Chicken, fish, ham and steak.

Broccoli, beans, carrots and corn.

Potatoes, rice, may I have a little more?

What helps your body jump in the air?

Jump, jump, jump in the air.

What helps your hands shoot a basketball?

Shoot, shoot, shoot a basketball.

What helps your arms paddle a boat?

Paddle, paddle, paddle a boat.

What helps your body grow?

It's good foods help you jump in the air.

Good foods help you paddle a boat.

Good foods help you paddle a boat.

Good foods, alright. Good foods, alright.

Apples, bananas, oranges and grapes.

Chicken, fish, ham and steak.

Broccoli, beans, carrots and corn.

Potatoes and rice, may I have a little more? Please!

It's good foods help your muscles grow.

Good foods help you run real fast.

Good foods help your arms to swim.

Good foods, alright. Good foods eat them everyday!

#### 14. Move Those Muscles

*Activity – Pump up everyone and have fun moving to the different actions words push, pull, etc.  
Discuss how muscles work and how they help us move all different ways.*

Come on everybody, let's move those muscles. All right.

Chorus: I've got muscles so do you. All those muscles help us move.  
This way, that way, easily. Move those muscles right with me.

Move those muscles, push, push, push. Move those muscles, up, down.  
Move those muscles, pull, pull. Move those muscles all around.  
Move those muscles, swim, swim. Move those muscles, let's have fun.

(Repeat Chorus)

Move those muscles, ride your bike. Move those muscles, dive, dive.  
Move those muscles, climb, climb. Move those muscles, all around.  
Move those muscles, hop, hop. Move those muscles, spin, spin.  
Move those muscles, bend, bend. Move those muscles, let's have fun.  
Move those muscles right with me!

## **15. If You're Happy and You Know It**

*Activity – Encourage children to think of possible ways they can express their happy feelings. They can choose two of their own ways to show they're happy and then fill in their answers on open parts. Everyone can have fun singing and learning with this totally new version of an old favorite.*

Verse 1: If you're happy and you know it say yes, yes!  
If you're happy and you know it, have fun when you show it.  
If you're happy and you know it say yes, yes!

(Follow same verse)

Verse 2: Give a high five. Give a low five. Give 'em ten, yeh.

Verse 3: Do a dance, your own dance (Repeat 3x)

Rap: You have feelings everyday; it's alright and it's okay  
You can let your feeling show; go and let somebody know  
You have feelings everyday; it's alright and it's okay  
When you're happy; you can choose  
What do you like to do?

Verse 4 & 5: If you're happy and you know it,  
(Make up your own works and movement.) (Follow same verse)

Verse 6: If you're happy and you know it,  
You can choose (Follow all movement parts 1-3, then have  
children add their own parts for 4 & 5)

## **16. If You're Angry and You Know It**

*Activity – Encourage children to think of positive (constructive) ways they can express their angry feelings. They can choose two of their own ways to handle feelings of anger and fill in their answers on open parts. Guide role playing and practice positive ways to channel anger. NOTE: Valid studies **do not** support aggressive acting out behaviors (i.e. punching, kicking inanimate objects – pillow, punching bag). Try other choices, (i.e. exercising, talking, coloring, stopping and thinking, walking, hopping etc). This is truly violence prevention.*

Verse 1: If you're angry and you know it, blow it out  
If you're angry and you know it, blow it out  
If you're angry and you know it, make peace when you show it  
If you're angry and you know it, blow it out

(Follow same verse)

Verse2: Walk away, keep your cool (Repeat 3x)

Verse 3: Tell someone I feel angry (Repeat 3x)

Rap: You have feelings everyday; it's alright and it's okay  
You can let your feelings show  
Use your words; let someone know  
Your have feelings everyday; it's alright, it's okay  
When you're angry you can choose  
What's the best thing you can do?

Verse 4 & 5: (Follow same verse) (Children can sing a positive choice.)

Verse 6: If you're angry and you know it; you can choose  
(Follow all parts 1 – 3, then have children add their own positive ways to channel anger for parts 4 & 5.)

## **17. – Follow a Dream**

*Activity – Sing along to celebrate the Olympics. Discuss how they athletes followed their dream.*

We have come together, from all around.  
The East and the West, the North and the South.  
We are all different, yet we're the same  
With a dream in our heart we are on our way.  
With a dream in our heart we are on our way.  
See the colors shining. See the hands waving proud.  
It's a wonderful feeling; we're feeling right now.  
All the work we've done. All the love it takes.  
Raise your hands up high, celebrate, celebrate  
The Olympic games.

Chorus: That's where we'll play. That's where we'll run.  
That's where we'll celebrate, under the sun.  
People together, the whole world to see.  
People together to follow a dream.

We have come together to play in peace.  
Trying to be the best we can be.  
Trying to be the best we can be.

## **18. Follow a Dream – Kinder Games**

*Activity – This song was designed to be the theme song for a special program to involve kindergarten children in learning about the Olympics. Learning about the Olympics can be a springboard to study topics on nutrition, sports, health, self-esteem and lots more.*

We have come together, from all around.  
The East and the West, the North and the South.  
We are all different, yet we're the same  
With a dream in our heart we are on our way.  
With a dream in our heart we are on our way.  
See the colors shining. See the hands waving proud.  
It's a wonderful feeling; we're feeling right now.  
All the work we've done. All the love it takes.  
Raise your hands up high, celebrate, celebrate  
The Kinder games.

Chorus: That's where we'll play. That's where we'll run.  
That's where we'll celebrate, under the sun.  
People together, the whole world to see.  
People together to follow a dream.

We have come together to play in peace.  
Trying to be the best we can be.  
Trying to be the best we can be.

## **19. Itsy Bitsy Spider**

*Activity – Develop awareness of rhyming words, do the finger play, discuss the importance of not giving up and read an itsy bitsy spider book and have fun.*

The itsy bitsy spider went up the waterspout  
Down came the rain and washed the spider out  
Out came the sun and dried up all the rain  
And the itsy bitsy spider went up the spout again

(Repeat 2x)

The itsy bitsy spider never gave up  
She tried and tried even though it got rough  
Falling down didn't make the spider stop  
She just got stronger and made it to the top.

## 20. Friends

*Activity – Sing together with themes on friendship and cooperation. On part “me and you” children can point to themselves and to a friend or neighbor.*

Do you want to take a chance. Learn to sing and learn to dance  
We can learn so easily. I'll show you and you'll show me

Chorus: Let's be friends; me and you  
Let's be friends; and we can learn to  
Da, da-da, da-da, da-da, da-da

Day by day we carry on. Try to see our work is done  
We can work in harmony. I'll help you and you'll help me

(Repeat Chorus)

We can feel so all alone without a friend beside us  
Take each other by the hand; let's share the love inside us  
Do you think you want to try, learn to run and learn to fly  
Well if you do then you might see; I'll like you and you'll like me

(Repeat Chorus 2x)