

# “It Starts In The Heart”

by Jack Hartmann and Dr. Becky Bailey

## 1. It Starts In The Heart

### Activity

**It starts in the heart** – With hands in a fist, cross your arms over your chest and tap your heart area two times to the beat of the music

**Way down in the soul** – Uncross your arms and open your hands. Push down your hands down toward the floor in a soft pumping motion two times to the beat of the music.

**It starts in the heart** – repeat as in line 1

**Brick by brick and stone by stone** – With hands in a fist tap one hand on top of the other alternating hands. As you tap, move your hands upward.

**We all find a way to build a wall** – Open your hands palm out and pretend to walk your hands up a pretend wall in front of you.

**And all we get is more alone** – continue with mime version of making a wall.

**Can you see the stones have got to fall** – Let both hands fall slowly down to your side

**We can let them stand but then nobody wins** – Raise your hands straight above your head. Drop your hands with your pointer finger of each hand moving side to side.

**We can work together and find somewhere to begin**

### Chorus Movements

**It starts in the heart** – With hands in a fist, cross your arms over your chest and tap your heart area two times to the beat of the music

**Way down in the soul** – Uncross your arms and open your hands. Push down your hands down toward the floor in a soft pumping motion two times to the beat of the music.

**That’s the only place the seeds of love can grow** – turn your hands over, palms up and extend your arms

**Then you realize that we are not that far apart** – with a partner, hold both hands in a high five position. Interlock fingers. Keep hands around shoulder height.

**We can build a bridge** – Raise your hands up high as to make a bridge.

**It starts in the heart** – Cross your arms over your chest as you did before

**Way down in the soul** – Uncross your arms and open your hands. Push down your hands down toward the floor in a soft pumping motion two times to the beat of the music.

**It starts in the heart** – repeat as in line 1

**I look at you and you look at me** – turn and face a partner point both hands at each other and then back at yourself

**Can you see that I am on your side** – Stand side to side touching each other though we sometimes disagree

**We can find a way to make it by** – lock elbows and sing chorus

**Though the road is long** – hands together in prayer position, fingers aiming forward. Move the hands in a snake motion forward.

**And isn’t always clear** – place both hands, palms inward, in front of your face

**I know there’s some way** – touch index fingers to sides of head (as if to use one’s brain)

**To get there from here** – point fingers down to spot where you are standing

**Chorus – repeat 2 times**

### Chorus

It starts in the heart  
Way down in the soul  
It starts in the heart

Brick by brick and stone by stone  
We all find a way to build a wall  
And all we get is more alone  
Can you see the stones have got to fall

We can let them stand, but then nobody wins  
WE can work together and find somewhere to  
begin

It starts in the heart  
Way down in the soul  
That’s the only place the seeds of love can  
grow  
Then you realize that we’re not that far apart  
We can build a bridge – it starts in the heart  
Way down in the soul  
It starts in the heart

I look at you, you look at me  
Can you see that I am on your side  
Though we sometimes disagree  
We can find a way to make it by

Though the road is long, and isn’t always  
clear  
I know there’s some way to get there from  
here

*Repeat Chorus*

## 2. Get Ready

### **Activity**

*Good Morning, Good Morning*

*Let's get ready the brain smart way*

*Good morning, Good morning*

*Get ready to start the day*

*Get your hands ready – shake, shake (Shake your hands)*

*Get your arms ready – stretch, stretch (Reach your arms up high)*

*Get your brain ready – cross, cross (Touch your right elbow to your left knee and then left elbow to right knee crossing the midline of the body. If this is too hard for young children have them cross the midline of the body in some fashion)*

*Get your focus ready – breathe, breathe (Breathe in deeply through the nose, hold it and exhale slowly)*

*Get your hands ready – shake, shake (Repeat as above)*

*Get your arms ready – stretch, stretch*

*Get your brains ready – cross, cross*

*Get your focus ready – breathe, breathe*

### **Repeat Chorus**

*Connect with a friend – shake, shake (Turn to your partner and shake their hand)*

*Connect with a friend – clap, clap (Clap both hands with a partner)*

*Connect with a friend – hug, hug, hug (Give your partner a big hug)*

*Good morning, good morning*

*Let's get ready the brain smart way*

*Get ready to start the day*

*Extensions: With older children use this as a bridge to a discussion about the brain and how the brain needs oxygen, exercise, food and stimulation to grow and work properly. Teach them that the left side of the brain controls the arm and leg motions on the right side and vice versa. Crossing the center of the body stimulates both sides of the brain to work together. Taking a deep breath allows you to relax and reduces the stress in the body. When the stress is reduced, you can think instead of react to situations that are upsetting.*

### **Chorus**

*Good morning, Good morning*

*Let's get ready the brain smart way*

*Good morning, Good morning*

*Get ready to start the day*

*Get your hands ready – shake, shake*

*Get your arms ready – stretch, stretch*

*Get your brains ready – cross, cross*

*Get your focus ready – breathe, breathe*

### **Repeat Chorus**

*Connect with a friend – shake, shake*

*Connect with a friend – clap, clap*

*Connect with a friend – hip, hip*

*Connect with a friend – hug, hug, hug*

*Good morning, good morning*

*Get ready to start the day*

### 3. Welcome

#### **Activity**

*Welcome to our class (Sing the chorus)*  
*Welcome, we're glad you're here*  
*Welcome to our class*  
*Welcome, we're glad you're here*  
*Hello, hello, hello (Wave to your friends)*  
*Hello to you and me (Point to your partner*  
*or specific friend in the circle)*  
*Hello, hello, hello (Wave to your friends)*  
*Join in our family (Make the sign language*  
*sign for family. Touch your pointer finger*  
*to your thumb on both hands. Begin by*  
*having fingertips touching in front of the*  
*chest, palms facing each other. Move the*  
*hands in a circular motion forward until the*  
*little fingers meet.*

*Here's a smile for you (Smile to your*  
*friends)*

*A smile for you and me (Point to your*  
*partner or specific friend)*

*Here's a smile for you (Smile to your*  
*friends)*

*A smile for you and me (point to your*  
*partner or specific friend)*

*Here's a smile for you (Smile to your*  
*friends)*

*Join in our family (Make "family" in sign*  
*language)*

#### **Repeat Chorus**

*Welcome! (Raise your hands and cheer*  
*with the last Welcome)*

*Extension: Discuss with the children ways*  
*we can help each other feel welcome in*  
*the class. Talk about the importance of*  
*greeting one another in the morning and*  
*the various ways that can be done.*

Welcome to our class  
Welcome, we're glad you're here  
Welcome to our class  
Welcome, we're glad you're here

Hello, hello, hello  
Hello to you and me  
Hello, hello, hello  
Join in our family

#### **Repeat Chorus**

Here's a smile for you  
A smile for you and me  
Here's a smile for you  
Join in our family

#### **Repeat Chorus**

Here's a nice high five  
A high five for you and me  
Here's a nice high five  
Join in our family

Here's a friendly shake  
A shake for you and me  
Here's a friendly shake  
Join in our family

#### **Repeat Chorus**

Welcome!

#### 4. That Was Helpful

##### **Activity**

That was helpful – Pat your legs twice on the beats for the word “that” and clap your hands together twice on the word “was” and then clap your hands together with a friend two times on the word “helpful”

You helped somebody today – Take both hands and point to the ground moving your hands up and down

That was helpful – do the clapping pattern

You helped to make a better way – Extend both hands with palms up in front of you side by side out from your body and open them as if to give a gift

##### **Chorus**

Verse 1:

**Act out each verse and do the clapping pattern for - that was helpful**

*You picked up the toys, so no one would fall – that was helpful*

*You used your big voice so your friends could learn – that was helpful*

*You held the door open so we could walk in – that was helpful*

*You shared a marker so your friend could draw – that was helpful*

Verse 2:

**Act out each verse and do the clapping pattern for – that was helpful**

*You wiped the spill so the table was clean – that was helpful*

*You moved to the side so your friends had more space – that was helpful*

*You worked quietly so others could hear – that was helpful*

*You said “thank you” so your friends knew you cared – that was helpful*

##### **Repeat Chorus**

*Extension: Have the children list and role-play many ways they can be helpful in the classroom. Make a “Ways to be helpful” book or bulletin board in the classroom. Take pictures of children being helpful and make a picture book. Use the pictures to make up different verses for the song.*

##### **Chorus**

That was helpful

You helped somebody today

That was helpful

You helped to make a better way

You picked up the big toys, so no one would fall

That was helpful

You used your big voice, so your friends could learn

That was helpful

You held the door open, so we could walk in

That was helpful

You shared a marker, so your friend could draw

That was helpful

##### **Repeat Chorus**

You wiped up the spill, so the table was clean

That was helpful

You moved to the side, so your friends had more space

That was helpful

You worked quietly, so others could hear

That was helpful

You worked quietly, so others could hear

That was helpful

You said “thank you,” so your friends knew you cared

That was helpful

##### **Repeat Chorus**

## 5. I Wish You Well

### **Activity – Chorus**

My heart to your heart. I wish you well  
Cross your arms and pat your chest as  
you sing, my heart to your heart. The  
movement for I wish you well involves  
using both hands open and moving them  
toward the other person in a patty cake  
fashion without touching. This we will call  
non-touching patty cake.

My elbow to your elbow. I wish you well.  
Touch elbows together. Do a non-  
touching patty cake

My back to your back. I wish you well.  
Turn around and put backs to backs.  
Then spin back around and do a non-  
touching patty cake.

My eyes to your eyes. I wish you well.  
With both pointer fingers tape under your  
own eyes then point to the eyes of your  
partner with the same fingers. Finish with  
a non-touching patty cake.

How can we help everyone we know (open  
both arms in front of you, palms up to  
include everyone)

How can we help each other grow (Move  
both arms up over your head like a seed  
growing)

Sometimes it's hard to know what to do  
(shrug your shoulders, with hands up as if  
to say "I don't know.")

Wishing them well connects me and you  
(point to your partner and your partner  
points to you)

**Chorus: Repeat as before**

My heart to your heart. I wish you well  
My elbow to your elbow. I wish you  
well  
My back to your back. I wish you well  
My eyes to your eyes. I wish you well

### **Chorus**

How can we help everyone we know  
How can we help each other grow  
Sometimes it's hard, to know what to  
do  
Wishing them well connects me and  
you  
Wishing them well connects me and  
you

My heart to your heart. I wish you well  
My elbow to your elbow. I wish you  
well  
My back to your back. I wish you well  
My eyes to your eyes. I wish you well

### **Repeat Chorus**

You make a difference  
Let's move and wish your neighbor well

My knee to your knee. I wish you well  
My shoulder to your shoulder. I wish  
you well  
My hip to your hip. I wish you well  
My hand to your hand. I wish you well  
I wish you well. I wish you well

## 6. My School Family

### **Activity**

*The motions for this song are given in the verses. However, you may want to explore the following different ways to conduct the song. You could have children gather and after each boom, boom, boom find another partner to interact with or have fun and shake hips on booms! Or, you could have the children create an inside, outside circle. The boom, boom, boom signals for the children it is time to move to the right and interact with a new partner. Older children will enjoy remembering who their wave partner was, their high five partner, etc., and returning to the same partner each time a verse is adding on in the song.*

### **Chorus**

This is my school family  
This is my school family  
This is my school family

Now wave to a friend  
Wave to a friend (boom, boom, boom)

### **Repeat Chorus**

Shake hands with a friend  
Shake hands with a friend (boom, boom, boom)  
Wave to a friend  
Wave to a friend (boom, boom, boom)

### **Repeat Chorus**

Pinky hug with a friend  
Pinky hug with a friend (boom, boom, boom)  
Shake hands with a friend (boom, boom, boom)  
Wave to a friend  
Wave to a friend (boom, boom, boom)

### **Repeat Chorus**

High five with a friend  
High five with a friend (boom, boom, boom)  
Pinky hug with a friend  
Pinky hug with a friend (boom, boom, boom)  
Shake hands with a friend  
Shake hands with a friend (boom, boom, boom)  
Wave to a friend  
Wave to a friend (boom, boom, boom)

This is my school family!

## 7. Caring Friends

### Activity

*Twinkle Twinkle Little Star (Hold both arms over your head touching thumbs to thumbs wiggling the rest of the fingers as if shining stars.*

*Shine your light near and far (Touch pointer fingers together and bring the diamond created by your thumbs and fingers touching closer to your heart and then extend it outward)*

*Inside me to guide the way (Make a fist with both hands leaving your thumb sticking out. Point one thumb to your chest then the next thumb keeping beat with the song.*

*Keeping us safe each day (Wrap your arms around yourself and rock gently side to side)*

*Shake a hand and you will see (shake a friends hands right hand to right hand)*

*Caring friends that we can be (Add a left hand shake to the right hand shake so both hands are crossed and shaking your partners hands)*

*Twinkle Twinkle Little Star (Repeat as above)*

*Shine your light near and far (Repeat as above)*

*With kind words and helpful deeds (Instead of using your hitch hiking thumb to touch your chest, use the thumbs up movement instead. Alternate hands going up and down with the beat of the music.*

*I respect you and you respect me (Point to your friend with both fingers and say, "I respect you," and then point to yourself with both hands and say, "you respect me."*

*Hold a hand and you will see (Hold your friends hand in pairs or unite the entire circle)*

*Caring friends that we can be (Raise your hands up over your head)*

*Twinkle Twinkle Little Star (Repeat as done before)*

**Repeat 1<sup>st</sup> verse and movements**

Twinkle Twinkle Little Star  
Shine your light near and far  
Inside me to guide to the way  
Keeping us safe each day  
Shake a hand and you will see  
Caring friends that we can be

Twinkle Twinkle Little Star  
Shine your light near and far  
With kind words and helpful deeds  
I respect you and you respect me  
Hold a hand and you will see  
Caring friends that we can be

**Repeat 1<sup>st</sup> Verse**

### Ending:

Shine your light and you will see  
Caring friends that we can be

## 8. Look at Me

When you look at me  
I hope that you will see  
The helpful things I can do  
Sometimes are hard to see

So, when you look at me  
I hope that you will see  
Not just the things I do wrong  
But see the best in me

I am – I am  
I try – I try  
I smile – I smile  
I cry – I cry  
I do the best I can everyday

I dream – I dream  
I hug – I hug  
I play – I play  
I love – I love  
I like to be with friends  
Just like you

So when you look at me  
I hope that you will see  
The helpful things that I can do  
Sometimes are hard to see

*Repeat chorus and 2<sup>nd</sup> Verse*

When you look at me

## 9. Friendship Chant

### **Activity**

*This is an echo song. One person says the first line and the remaining children echo back what has been said. You can vary your approach with who is the leader. For the chant friendships 1, 2 etc do the following: Divide the class into thirds. One group will stand and say 1, 2; another group will stand and say 3, 4; and the last group will stand and say 1, 2 – 3, 4. After they shout their lines in a military manner they are to sit down until the next verse.*

### **Extensions**

*Discuss what it means to be a friend. Have the children role play how a friend would act in various situations. Discuss what it means to make a commitment. Have children commit to keep the classroom safe, or say excuse me when they bump into someone. Use these commitments to add additional verses to the song.*

Look around, what do you see? (Echo)  
I see the best in you and me (Echo)  
I will do my job at school (Echo)  
Helping others sure is cool (Echo)

Friendship 1, 2  
Friendship 3, 4  
Friendship 1, 2 – 3, 4

I will listen to your words (Echo)  
It's important to be heard (Echo)  
I'll say stop to hurtful ways (Echo)  
That way we'll have helpful days (Echo)

### **Repeat Chorus**

These are things I choose to do (Echo)  
Do my best and follow through (Echo)  
So, look around, what do you see? (Echo)  
I see the best in you and me (Echo)

### **Repeat Chorus**

**10. Friendship Chant**  
*(Instrumental)*

*Have your children create their own phrases to chant with this instrumental. This is especially wonderful for older children.*

**11. Star Song**

When you're feeling really angry  
No matter where you are  
There's a way to feel better  
There's a way to be a star  
With this one thing to remember  
You'll stop anger in its tracks

***Chorus***

Stop, take a deep breath and relax  
Stop, take a deep breath and relax  
Stop, take a deep breath and relax

***Repeat 1<sup>st</sup> Verse***

***Repeat Chorus***

12. Let's Celebrate

**Chorus**

Let's celebrate, everybody give a cheer, yeh!  
Let's celebrate, we're all glad you're here, that's right!  
Let's celebrate, feel it in your heart, thump, thump  
Move, children move, ready, ready, ready let's start  
You're the one – that we cheer  
Way to go – yes, we care  
We want to celebrate  
And to you congratulate

Encouragement – we give to you  
There's so much that you can do  
Tell us all here today  
What you've done – we'll celebrate

**Repeat 2<sup>nd</sup> Verse and Chorus**

### 13. All Together

#### **Activity**

Teach your children how to sing the song in sign language. The sign for words are described below:

**All** – Place both hands in front of your chest, palms facing in, fingers extended with one hand located above the other. Roll the hands around each other.

**Together** – Make big forward circles with both hands in a fist touching each other. Move hands together in a circle like stirring a pot of soup.

**We** – move in a semicircle the right hand index finger from the right shoulder to the left shoulder.

**Live** – thumbs extended upward with both hands and index fingers pointed facing each other shaped like an L. Move hand upward from stomach to chest.

**Peace** – Hold up two fingers in the traditional peace sign

**Sisters** – Hold your left hand in front of you with the pointer finger extended pointing away from you. Take the right hand and rub your thumb across your right jaw bone and then place that hand next to the other one in the same position so that two pointer fingers are side by side.

**Brothers** – Hold your left hand the same as with sisters. Place thumb of your right hand on your forehead with fingers extended, as if to touch the rim of a baseball cap. Bring the right hand to the left hand as with sisters.

**Sun** – With right hand over head, fingers and thumb gathered together, open your fingers as you bring the hand close to your head as if the rays of the sun are coming down on you.

**Working** – With hands in a fist, tap heel of the right hand with a repeated movement on the wrist of the left hand in front of the body, both palms facing down.

**Playing** – Place hands with pinky finger and thumbs extended and the other three fingers towards your palm and rotate your wrist.

**Everyday** – With the palm side of your right fisted hand on your cheek, twist the hand forward with a repeated movement.

**Love** – With both hands in a fist, gently cross both hands over your heart.

**One** – Hold up one finger in front of you.

All together we can live in peace  
Sisters, brothers in the sun  
Working, playing everyday with love  
All together we are one

*Repeat Three Times*

#### 14. You Did It!

##### ***Chorus***

You did it – You chose to cooperate  
You did it – you helped make a better way  
You did it – You chose to cooperate  
You did it – You helped make a better way

##### ***Bridge***

When I told you what to do  
You chose to do it and follow through

You did it  
You picked up your toys and put them on the shelf  
Just like this. You did it. Just like this

You did it  
You lined up quietly with your hands by your side  
Just like this. You did it. Just like this

##### ***Repeat Chorus***

##### ***Repeat Bridge***

You did it.  
You got out your journal and began to write  
Just like this. You did it. Just like this

You did it  
You raised your hand high and waited your turn  
Just like this. You did it. Just like this

##### ***Repeat Chorus***

## 15. Shubert Shuffle

### **Activity**

*The Shubert shuffle goes this way (Point both arms and fingers to the left – this will indicate the first direction of the shuffle for younger children who do not know left from right)  
Everyone shouts, “Hooray, hooray.” (Place both hands up by the corner of the mouth and push them out as to shout)*

*Shuffle to the left. Shuffle to the right (Shuffle by sliding your feet to the left and then reverse back to the right)*

*Shake it loose, shake it tight. Hold your arms out to the side with feet still. Shake your whole body like a shimmy. Then bring your arms in close to your body and bend your knees and shake again. Then bring your arms in close to your body and bend your knees and shake again.*

*The Shubert Shuffle is here to stay. (Point your fingers down to the ground and bring one hand up and the other down)*

*Everyone shouts “Hooray, hooray.” (Repeat as before)*

*Shubert’s big voice says (Sing this verse)*

*Be safe and connect*

*Shubert sees the best*

*It’s the dance of respect*

### **Chorus**

The Shubert Shuffle goes this way  
Everyone shout, “Hooray, hooray.”  
Shuffle to the left, shuffle to the right  
Shake it loose, shake it tight  
The Shubert shuffle is here to stay  
Everyone shout, “Hooray, hooray.”

Shubert’s big voice says

Words have power

Shubert’s helpful day

May be kind every hour

### **Repeat Chorus**

Shubert helps friends

Be safe and connect

Shubert sees the best

It’s the dance of respect

Repeat Chorus

One more time – Do the Shubert Shuffle –

The dance of respect

**Repeat chorus – Do the dance again**

## 16. People to People

### *Chorus*

People to people  
That's what it's all about  
People to people  
Make the world go round  
People to people  
That's what it's all about  
People to people  
Make the world go round

1 hand, 2 hands, 3 hands and more  
Building with hands together  
That's what friends are for  
Building with hands together  
That's what friends are for

1 arm, 2 arms, 3 arms and more  
Hold on to one another  
That's what friends are for  
Hold on to one another  
That's what friends are for

### *Repeat Chorus*

1 shoulder, 2 shoulders, 3 shoulders and more  
Pat, pat someone's shoulder  
That's what friends are for  
Pat, pat someone's shoulder  
That's what friends are for

1 hip, 2 hips, 3 hips and more  
Dance and have fun together  
That's what friends are for  
Dance and have fun together  
That's what friends are for

### *Repeat Chorus*

**17. Te Deseo Lo Mejor  
(I Wish You Well)**

De mi Corazon a tu corazon  
te deseo lo mejor  
De mi codo a tu codo  
te deseo lo mejor  
De mi espalda a tu espalda  
te desseo lo mejor  
De mis ojos  
te deseo lo mejor  
Como ayudar a todos los demas  
Como ayudar a junto crecer  
A veces no es facil saber lo que hacer  
Deseando bien mos conectamos tu y yo  
Deseando bien mos conectamos tu y yo  
De mi Corazon a tu Corazon  
te deseo lo mejor  
De mi codo a tu codo  
te des eo lo mejor  
De mi espalda a tu espalda  
te deseo lo mejor  
De is ojos a tus ojos  
te deseo lo mejor  
Como ayudar a todos los demas  
Como ayudar a juntos crecer  
A veces no es facil saber lo que hacer  
Deseando bien nos conectamos tu y yo  
Deseando bien nos conectamos tu y yo  
te haces la deferencia  
Ponte en movimiento  
Y deseale a tu vecino lo mejor  
De mi rodilla a tu rodilla  
te deseo lo mejor  
De mi hombre a tu hombre  
te deseo lo mejor  
De mi cadera a tu cadera  
te deseo lo mejor  
Deo mi mano a tu mano  
te deseo lo mejor  
te deseo lo mejor  
te deseo lo mejor

**18. Todos Juntos  
(All Together)**

Juntos podemos vivir en paz  
Hermanas y hermanos bajo el sol  
Conviviendo diario con amor  
Juntos somos una voz  
Juntos podemos vivir en paz  
Hermanas y hermanos bajo el sol  
Conviviendo diario con amor  
Juntos somos una voz

**19. De Gente A Gente  
(People to People)**

De gente a gente es como debe ser  
De gente a gente el mundo ha de girar  
De gente a gente es como debe ser  
De gente a gente el mundo ha de girar

Una mano, dos manos, tres manos y mas  
construyendo con nuestras manos  
para eso es la Amistad

De gente a gente es como debe ser  
De gente a gente el mundo ha de girar  
De gente a gente es como debe ser  
De gente a gente el mundo ha de girar

Un hombre, dos hombres, tres hombres y mas  
Toca, toca el hombro de alguien  
para eso es la amistad

Uno cadera, dos caderas, tres caderas y mas  
bailando y jugando juntos  
para eso es la Amistad

De gente a gente es como debe ser  
De gente a gente el mundo ha de girar  
De gente a gente es como debe ser  
De gente a gente el mundo ha de girar

**1. Look At Me**

**Bonus – music only**