

Follow A Dream
by **Jack Hartmann**

Side A

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 to 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 **H a n d s I c a n c l a p**

Toes I can tap **T o e s I c a n t a p**

Eyes I can wink **E y e s I c a n w i n k**

Brain I can think **B r a i n I c a n t h i n k**

Hand I can shake **H a n d I c a n s h a k e**

Friend I can make **F r i e n d I c a n m a k e**

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 fingerplay 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 stompin 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 stompin 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 stompin 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 stompin all around
Stompin and a boppin ? swaying to the sound
There goes one dinosaur ? oops, say good-bye
No more dinosaurs ? left behind
No more dinosaurs stompin all around
Stompin and a boppin ? swaying to the sound
But, stop ? ? look the five dinosaurs are back once again
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
Lift your right leg up and take some giant steps
Lift your left leg high and do the same again
Movement Walk I like a big Brontosaurus swaying back & forth
Verse 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
Hop to the right - stomp, stomp
Movement Hop to the left- stomp, stomp
Chorus Shake, shake way down low, stomp, stomp
Shake, shake way up high, stomp, stomp
Now swing your tail to the right and to the left and jump!
Now, you're doin the Dinosaur Stomp
All of the dinosaurs - every one
Were 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 ...
So swim, swim, swim, swim, swim -- never stop
Chorus 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
And 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, and 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 - A P l a c e O n T h e F a r m

Activity - Children can learn about the special roles of the different farm 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.

Everyone has a place on the farm

Chorus 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-waddle 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

6 - 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

PEACE, PEACE, PEACE -- and peace is the way

Peace is shaking someone's hand -- and being a good friend

clap EACE, clap EACE, clap EACE

And being a good friend

Peace is dancing to the beat -- and having fun together

clap- clap ACE, clap- clap ACE, clap- clap ACE

And having fun together

Peace is sharing your nice smile -- and spreading lots of sunshine

clap- clap- clap CE, clap- clap- clap CE, clap- clap- clap CE

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
PEACE, PEACE, PEACE -- and peace is the way

7 - P e a c e S o u p

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
Just imagine if we could
Repeat Chorus

8 - O n e V o i c e F o r C h i l d r e n

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 your children grow ? see your children dream
Sing with one voice for children

Chorus 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
There's so much that I can be
Children 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
Children I will show you that I can
I need you so ? don't you know
Sing together ? hand in hand
(Repeat Chorus 2X)

S i d e B

1 - G i v e I t Y o u r B e s t

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.

Give it your best

Chorus 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

2 - M y B o d y ' s A F r i e n d T o M e

Activity - Themes on learning about ourselves and others can be enhanced with this self-awareness and self-empowerment 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.

My body's a friend to me ? My body's a friend to me

Chorus 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 ? no 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 then 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, hey body ? hi self, it's a friendship that will never end

Repeat Chorus

3 - If You 're Happy ? And You Know It

Activity - Encourage children to think of positive 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.

If you're happy and you know it ? say yes, "yes"!

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 feelings 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 If you're happy and you know it

make up your own words & movement

(Follow same verse)

Verse 5 If you're happy and you know it

(make up your own words & movement)

Verse 6 If you're happy and you know it ? you can choose

(Follow all movement parts 1 to 3, then have children add their

own parts for 4 and 5)

4 - 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-play 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.

If you're angry and you know it ? blow it out

If you're angry and you know it ? blow it out

Verse 1 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)

Verse 2 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

You have feelings everyday - it's alright and it's okay

When you're angry ? you can choose

What's the best thing you can do?

Verse 4 (follow same verse)

Children can sing a positive choice

Verse 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 to 3, then have children add their own positive ways to channel anger on parts for 4 and 5)

5 - Family of Words

Activity - Learning about word families is an important skill for language development and reading. Practice with Learning Letter Sounds from volume 1, then move to Family of Words . Visual charts can be developed to go along with the song. Also, great introduction into other word families. Everyone can sing along with the catchy chorus ? have fun!

Chorus Hey, look we're a family

We work as a family

Hey, look we're a family

A family of words you see

Let's meet the at family, words that end with at

We'll give you the beginning sound, then put them together with at
What word does it make?

What word does it make? b ? at = bat

(Children respond)

(Repeat question) c ? at = ?????, h ? at

= ?????

m ? at = ?????, p ? at =

?????

r ? at = ?????, s ? at = ?????

Repeat *Chorus*

Let's meet the ug family, words that end with ug

We'll give you the beginning sound, then put them together with ug

What word does it make?

What word does it make? b ? ug = bug

(Children respond)

(Repeat question) d ? ug = dug, h ? ug = hug

j ? ug = jug, m ? ug = mug

r ? ug = rug, t ? ug = tug

Repeat *Chorus*

6 - Family of Words 2

*Activity - Be creative, develop and practice **any** word family.*

7 - ITSY BITSY SPIDER

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

The itsy bitsy spider went up the water spout

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)

They itsy bitsy spider never gave up

She tried and tried even though it got rough

(rap) Falling down didn't make the spider stop

She just got stronger and made it to the top

8 - 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 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
If you do ? then you might see ? I'll like you and you'll like me
(Repeat Chorus 2X)

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