

# Tools for Life® Music Disc 1

**Tools for Life®**  
Relationship-building Solutions

## All Songs Sung by Docter Ew

MUSIC - DISC 1

1. Are You Listening?
2. Willabee Wallabee Woo
3. Give a Put Up
4. Happy and You Know It
5. Body Talk

6. Body Clues
7. I Can Calm Down
8. Twinkle Twinkle  
Traffic Light
9. Problem Solving Song

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## Disc 1, Track #1: Are You Listening?

*(Please refer to the Tools for Life Listening Bodies poster)*

*Sung to the tune: Frère Jacques*

Are you listening, are you listening?

Yes we are, yes we are.

Brain is thinking *(point to brain)*,

Eyes are on the speaker *(point to eyes and speaker)*,

Body is calm *(move hands in downward motion to represent calm)*,

Legs are crossed *(point to crossed legs)*.

## Disc 1, Track #1: Are You Listening?

*(Please refer to the Tools for Life Listening Bodies poster)*

*Sung to the tune: Are You Sleeping?*

Are you listening? Are you listening?

Everyone, Everyone.

If you are listening. If you are listening.

\_\_\_\_\_ three times. 1...2...3..

*(Insert different actions: Clap, stomp, wave, etc.)*



## Disc 1, Track #2: Willoughby Wallaby Woo

An elephant sat on you,

Willoughby Wallaby \_\_\_\_\_ ,

*(insert child's name, but instead put a "W" in front of their name, e.g.,*

*Sarah is Warah, Les is Wes, etc.)*

An elephant sat on \_\_\_\_\_ *(say proper name)*

*\*continue to sing the song with different names of children  
that are showing good listening bodies*

### ***Continue with an action song:***

If you're happy and you know it, clap your hands,

If you're happy and you know it, clap your hands,

If you're happy and you know it, and you really want to show it,

If you're happy and you know it, clap your hands

*Repeat verses with different feelings such as:*

If you're sad and you know it, cry, boo hoo ...

If you're angry and you know it, cross your arms ...

If you're afraid and you know it, hide your face *(cup face in hands)* ...

## Disc 1, Track #3: Give a Put Up

***Put Ups Make You Feel So Happy***

***Put Downs Make you Feel So Sad***

Note: This song is subject to a copyright that limits our ability to publish the lyrics.

## Disc 1, Track #4: Happy And You Know It

*(A feelings song adapted with these words)*

If you're happy and you know it, clap your hands,  
If you're happy and you know it, clap your hands,  
If you're happy and you know it, and you really want to show it  
If you're happy and you know it , Clap your hands.

If you're sad and you know it, cry boo hoo  
If you're sad and you know it, cry boo hoo  
If you're sad and you know it and you really want to show it  
If you're sad and you know it , Cry boo hoo

If you're afraid and you know it, give a shake  
If you're afraid and you know it, give a shake  
If you're afraid and you know it and you really want to show it  
If you're afraid and you know it , Give a shake

If you're mad and you know it, give a huff  
If you're mad and you know it, give a huff  
If you're mad and you know it and really want to show it  
If you're mad and you know it , give a huff

If your excited and you know, shout hooray  
If your excited and you know, shout hooray  
If your excited and you know, and you really want to show it  
If your excited and you know, shout hooray

### ***Potential verses:***

***Shy*** – put your hand on your chin

***Embarrassed*** – look down at the floor

***Frustrated*** – give a growl

***Proud*** – stick out your chest

***Disappointed*** – shake your head

***Guilty*** – talk to an adult



## Disc 1, Track #5: Body Talk

*(Please refer to the Tools for Life Feelings Posters)*

Listen to my body talk

What does it say?

What kind of feeling do I have today?

Feeling happy,



feeling mad



Feeling scared,



feeling sad



Listen to my body talk

What does it say?

What kind of feeling do I have today?



## Disc 1, Track #6: Body Clues

*(Please refer to the Tools for Life Body Clues Poster)*

*Sung to the tune: Do Your Ears Hang Low?*

Oh, what does my body tell me?

What are the clues?

When I understand my body

I will know what to do!

Oh, what does my body tell me?

What are the clues?

Hey! Pause and pay attention to my body clues.

Is my tummy all a flutter (*rub tummy*), is my heart beating fast (*thump chest*),  
Are my muscles really tight (*tighten arms/body*), are there tears in my eyes (*point to eyes*),

Are my palms sweaty wet (*palms up*), is my jaw tightly clenched (*clench jaw*)?

Hey! Pause (*show fingers 1, 2, 3,*) and pay attention to my body clues.

Is my face red like an apple (*point to face*), are my ears hot and red (*point to ears*),

Is my body all a-shaking (*shake body*), are my eye brows turned down (*frown*),

Are my eyes squinting tears (*squint eyes*), is my tummy feeling achy (*rub tummy*)?

Hey! Pause (*show fingers 1, 2, 3*) and pay attention to my body cues.

Are you a fire breathing dragon, do clouds surround your head?

Do you want to scream and shout, or maybe lose your head?

Do you feel like a balloon that's just about to pop,

You have the power to choose (*insert and say this part as it doesn't fit with the tune*),

STOP (*hand up to say stop* ) and pay attention to your body clues.

*(Have body clues cut out separately, with Velcro attachments  
for children to stick on poster during free play or during introductory lesson)*

## Disc 1, Track #7: I Can Calm Down

*(Please refer to the How to Calm Down Poster)*

*Sung to the tune: The Farmer in the Dell, using corresponding actions*

Take a time out, take a time out

Hi ho the Derry – o

Take a time out.

Count 1, 2, 3, count 1, 2, 3

Hi ho the Derry – o

Count 1, 2, 3.

*(show 1, 2, 3, fingers)*

Take a slow deep breath, take a slow deep breath

Hi ho the Derry – o

Take a slow deep breath.

*(Don't forget to blow out through your mouth)*

Get a drink of water, get a drink of water

*(pretend to drink water)*

Hi ho the Derry – o

Get a drink of water.

Read your favourite book, read your favourite book

*(pretend to read a book)*

Hi ho the Derry – o

Read your favourite book.

*(Add your own variations and sing to the music.)*



## Disc 1, Track #8 and Track #9:

### Twinkle, Twinkle Traffic Light and Problem Solving Song use many of the same lyrics but different tunes.

*(Refer to the Problem Solving Traffic Light Poster)*

*Sung, with variations, to the tune: Twinkle, Twinkle Little Star*

Twinkle, twinkle Traffic Light,  
How you twinkle day and night,  
First you're red. Then you're green,  
Then you're yellow, in between.  
Shine, shine, shine so green  
Can you choose something keen?

Walk, walk, walk away

*(Include actions – walking feet)*

You don't want to fight – no way!

*(Shaking head and stating rather than singing a firm "No way!")*

First you're red. Then you're green,  
Then you're yellow, in between.

Talk, talk, talk it out,

*(Hand motions of a talking gesture)*

You don't have to scream or shout!

First you're red. Then you're green,  
Then you're yellow, in between.

Share, share, share and care,  
You are not a grumpy bear.

*(Make a grumpy face)*

When you can't stand it anymore,  
Just ignore, ignore, ignore.

*(Cover your ears)*

Say you're sorry. Apologize,  
With your heart and with your eyes.

*(Hands over your heart)*

Ask, ask for a helping hand,  
Use your tools and lead the band.

*(Leading the parade – marching tall)*

Try, and try, and try a friendly tool,  
And you will learn to keep your cool!

*(Add a final "HOORAY!")*

First you're red. Then you're green,  
Then you're yellow, in between.





## Additional Songs

(These songs are not on the CD, but may be enjoyed any time.)

### Punchinello

***“Punchinello” could work by using the song to get the children to place the chairs around a table, or to stack them – wherever the chairs belong.***

***For Example:*** What can you do Punchinello, funny fellow?

What can you do, Punchinello, funny you?

I can stand behind my chair, Punchinello funny fellow.

I can stand behind my chair, Punchinello funny you.

I can gently move my chair, Punchinello funny fellow....

I can place my chair gently here.....

I can wave good-bye like this.....

### Twinkle – variation

***Open with a new song. (This is sung to the tune of “Twinkle, Twinkle, Little Star.”)  
Sing it to the children, and then ask them to join you.***

Twinkle, twinkle traffic light,

How you twinkle day and night.

First you're red. Then you're green,

Then you're yellow, in between.

Twinkle, twinkle traffic light,

How you twinkle day and night.

