

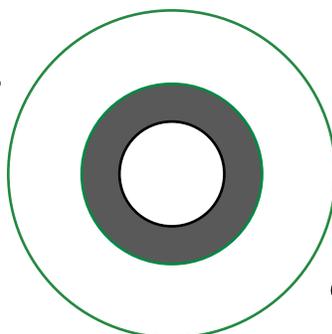
Tools for Life® Music Disc 2

Tools for Life®
Relationship-building Solutions

So, How Are Ya Now?

MUSIC - DISC 2

1. The Tools
2. So, How Are Ya Now?
3. Friendship
4. Respect
5. Put Ups
6. I Can Calm Down
7. Animals Have Feelings Too!



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Disc 2, Track #1: The Tools

As I get into line I bump
into the person in front of me.
Oops, I'm sorry, I Apologize.
I didn't mean to do that!
The symbol for that is ...
(All shout) "Band-Aid"

The teacher is teaching and
Ralph keeps talking in my ear.
But I just Ignore him,
And listen to the teacher's lesson.
The symbol for that is ...
(All shout) "Earphones".

Hey, let's play with the blocks,
no, you want to play with the trains.
Let's Compromise,
And play with both for a little while.
The symbol for that is ...
(All shout) "Train Tracks".

You call me a name and everyone
around us laughs out loud.
I feel very angry
But I decide just to Walk Away.
The symbol for that is ...
(All shout) "Feet".

There's only one painting easel
for the two of us.
I decide to take a Chance.
You win "Rock, Paper, Scissors".
The symbol for that is ...
(All shout) "Coin".

Now I see there's only
one computer for the two of us.
How about we Share and Take Turns.
I think that would work.
The symbol for that is ...
(All shout) "Crayons".

I'm playing with someone else
and Ralph, he doesn't understand.
We sit down, and take the time to Talk It Out,
Because he's my best friend.
The symbol for that is ...
(All shout) "Mouth".

Try to use these Tools,
but if you should forget ,
You can always Ask for Help,
remember don't get too upset
The symbol for that is ...
(All shout) "Hands".

Think before you act and
try to use each Tool.
You will make new friends
and all will be coooooool.

**(use actual aids: Band-Aid,
Earphones, Train Tracks,
Feet, Coin, Crayons, Mouth, Hands.)**



Disc 2, Track #2: So, How Are Ya Now?

So, how are ya now?
It's a brand new day.
So, how are ya now?
Are you OK?

So, how are ya now?
Let's go play.
There's fun to be had,
And dragons to slay.

So, how are ya now?
It's time to have lunch.
Sit down at a table,
Hear our veggies go crunch.

This day will be good,
If you do what you should,
Take care of your friends,
And when the day ends.

You ask,
So, how are ya now?
Is everything fine?
How was your day?
Then let me tell you about mine.

So, how are ya now?
So, how are ya now?

Let's clap!



Disc 2, Track #3: Friendship

You've got a person who looks out for you,
Someone who'll hug you
when you're feeling blue,
When you are in trouble,
they will see you through.
Well you've got a friend,
because that's what they do!

You make a mistake,
I forget.
You eat all the cake,
I forgive,
Friendship means a lot of, Give and take.

You've got a person who looks out for you,
Someone who'll hug
you when you're feeling blue,
When you are in trouble,
they will see you through.
Well, you've got a friend
because that's what they do!

When I have none,
You share.
When I am hurt, you show,
That you care.
I know that our friendship is
Something pretty rare.

You've got a person who looks out for you,
Someone who'll hug you
when you're feeling blue,
When you are in trouble,
they will see you through.
Well you've got a friend
because that's what they do!

We look forward to everyday,
We work hard and then we
Get to play
Friendship is action, not just
Something that you say.

You've got a person who looks out for you,
Someone who'll hug you
when you're feeling blue,
When you are in trouble,
they will, see you through.
Well, you've got a friend
because that's what they do!



Disc 2, Track #4: Respect

I respect you.
You respect me.
On the outside we look different,
But inside we're just the same.

You like sunny days,
I like puddles and rain.
You like Deluxe pizza.
I like to eat mine plain.

You play with groups of children,
I like to read alone.
You send tweets and e-mails,
I like to talk on the phone.

I respect you.
You respect me.
On the outside we look different,
But inside we're just the same.

We come from different places,
We like different foods.
But if you watch our faces,
You can read our moods.

Sometimes I am happy,
Sometimes I bet you're sad.
But you know someone loves you,
Even if you're mad.

I respect you.
You respect me. (Start round here)
On the outside we look different,
But inside we're just the same.

KEY CHANGE

I respect you.
You respect me. (Start round here)
On the outside we look different,
But inside we're just the same.

I'm good at math and science,
You're pretty good at sports.
Chocolate is your favourite,
I like Licorice All Sorts.

I respect you.
You respect me. (Start round here)
On the outside we look different ,
But inside we're just the same.

REPEAT a cappella.



Disc 2, Track #5: Put Ups

Put ups, put ups,
Make me complete.
Put ups, put ups,
Like the food we eat.

Put ups, put ups,
That's what we need.
Put ups, put ups,
Help me succeed.

You are kind,
You are swell,
Best of all,
Your feet don't smell!

Put ups, put ups,
Make me complete.
Put ups, put ups,
Like the food we eat.

Put ups, put ups,
That's what we need.
Put ups, put ups,
Help me succeed.

You are good,
You are smart,
You always finish,
What you start.

Put ups, put ups,
Make me complete.
Put ups, put ups,
Like the food we eat.



Disc 2, Track #6: I Can Calm Down

Sometimes I get upset
I find it really hard,
To make myself calm down,

So I, take some time to think,
Go and get a drink,
I feel my anger start to shrink.

Or I, talk to myself,
Take a book down from the shelf,
Go and find my best friend,
His name's Ralph.

Or I, take a breath that's long,
Listen to my favourite song,
Do some exercise to make me strong.

Or I, maybe count to ten,
Write down my feelings with a pen,
I use these Tools every now and then.

When I feel upset,
These are things I do,
And you can use these Tools too.

You can, take some time to think.
You can go and get a drink,
I bet your anger starts to shrink .

Or you, talk to yourself,
Take a book down from the shelf .
Go and find a friend like my pal Ralph.

I Can Calm Down cont'd

Or you, take a breath that's long.
Listen to your favourite song.
Do some exercise to make you strong.

Maybe count to ten.
Write down your feelings with a pen.
Use these Tools every now and then.



Disc 2, Track #7: Animals Have Feelings Too

I am Ralph's little kitten,
and I'm cute as a baby's mitten
But I'm a big responsibility;
'cause you've gotta take care of me
My pet friends and I
can show you lots of love,
But please consider the above.
We can cuddle on the couch,
but don't forget my food,
And bring me outside
even if you're in a tired mood.

CHORUS :

*Whether it's a fish or a dog
or a frog upon a log,
Or a bird flying high in the sky.
A wolf or a sloth or a moth upon a cloth,
Or an owl - such a wise guy.
A moose on the loose or a Canada goose,
A cow that says moo or a kangaroo,
One thing I know is true,
Animals have feelings too.*

I am Mister Raccoon and I live outside,
With my friends under the sun and moon,
Our philosophy is "You look, don't touch"
'cause we really don't like
to be bothered that much.
Sometimes we are afraid of Ralph's family,
'cause sometimes humans just don't see,
That we don't need their people food,
And throwing things at us is just plain rude.

CHORUS

Ralph is visiting me at the farm.
We get up really early,
the rooster is our alarm.
We work real hard for most of the day,
But the farmer treats us well,
that's why we don't stray.
We require special care to ensure we
provide our fair share.
'Cause we're here for a special reason,
To give to you through every season.

CHORUS

It can be a laughing giraffe
or a parakeet with stinky feet,
Or a manatee, a whale or a snail,
Or a mouse in a house
or an angry bee in a tree.
An eagle or a beagle,
How about a horse (OF COURSE!)
A bear or a caribou.
The one thing I know is true,
animals have feelings too.
The one thing I know is true,
animals have feelings too.

Animals have feelings too. Yes they do!

