



MINDFUL
MUSICIANS

confidence • curiosity • compassion

**RED ALBUM: INSTRUCTOR
SONG BOOK**

SONG LIST

HELLO
BECOME WHAT YOU ARE
BUCKETS
BUDDY BOO
CELEBRATE
CENTRALLY ROOTED
FLOWER SPROUTS
I BELONG
NOT MUCH ELSE TO SAY
KINDNESS BUS
LIFE GOES ON
MEDITATION
POCKET
SEEKER
SELAH
SHAKER SONG
SLOW DOWN
SOFT **REPLACE**
TAPPA
THE PATH
VITAMIN TRAIN
GOODBYE

SONG CATEGORIES

LAP

BUDDY BOO

CHANT

BUCKETS

SELAH

THE PATH

CENTRALLY ROOTED

SHAKER

SHAKER SONG

MOVEMENT

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VITAMIN TRAIN

CELEBRATE

I BELONG

LIFE GOES ON

SLOW DOWN

POCKET

REFOCUS

SLOW DOWN

TAPPA

FAIRNESS

RESPECT

INSTRUMENTAL

FLOWER SPROUTS

SEEKER

SCARVES

BECOME

RAIN

LULLABY

NOT MUCH ELSE TO SAY

SOFT **REPLACE**

MEDITATION

HELLO SONG

C F C F
He-llo, he-llo It's a brand new day
C F C F
He-llo, he-llo What do you say
F G
We can wave he-llo We can slap high-five
F
We can make silly faces
G
It's just a funny, funny, funny, funny way to say
C F C F
He-llo, he-llo I'm glad you're here
C F C F
He-llo, he-llo. Hello to the ma-mas
C F C F
He-llo, he-llo. Hello to the dads
C F C F
He-llo, he-llo. Hello to the kiddos
C F C F
He-llo, he-llo. Hello to our friends
C F
He-llo, he-llo
G C
Hello, hello, hello

BECOME WHAT YOU ARE

C G am F

Make mistakes in this life
Become what you are
Is it real or is a dream when
When caught between the questioning
Become what you are
Hopes and promises never put to words
Fly away like birds
Ooooooh, ooooooh

Should I do it I can't tell
I've got the choice so might as well
Become what you are
Is it wrong or is it right
You've grown your wings
So now take flight become what you are
ooooooh, ooooooh

I'm dancing in the rain
to shake off all my fears
I know there will be pain
It comes and goes through the years
Become what you are

From the heart of your soul on the whims of your
mind,
let love be thy goal it's not hard to find
from the soil of the ground to the wind in the trees
The one with closed eyes is often who sees
so wake from your sleep, and breathe in the air
To give is a gift, so show that you care
Come together as one its never too far
Feel with your heart
Become what you are

BUCKETS

I've got 3 buckets - 3 buckets I see
I've got 3 buckets - buckets of energy

One bucket I give to you
One bucket I spend out there
One bucket I save and that's the bucket for me

Fill up others buckets but save some for yourself
Feel your brain and know your heart and save some love for yourself

I've got 3 buckets - 3 buckets I see
I've got 3 buckets - buckets of energy

BUDDY BOO

Here with you
here with you
Nothing else matters but here with you

Jumping up, laying down, going round and round and round
Jumping up, laying down going round and round

Clap clap clap yo' hands
clappa clap clap clap clap yo' hands

Buddy buddy boo I'm talkin' to you
Buddy buddy boo I'm talkin' to you

Gadda gadda gadda gadda goo goo goo
gadda gadda goo I'm playing with you

Buddy buddy boo I'm talkin' to you
Buddy buddy boo I'm talkin' to you

Here with you
here with you
Nothing else matters but here with you

CELEBRATE

I am enough
I am resilient
I am able
I am brave

Soy suficiente
Soy resiliente
Soy capaz y valiente

Celebrate x7
That I am me
Celebrate x7
That I am exactly who I'm meant to be

I am growing
I am optimistic
I am gentle and kind

Estoy creciendo
Soy optimista
Soy gentil y amable

Celebrate x7
That I am me
Celebrate x7
That I am exactly who I'm meant to be

CENTRALLY ROOTED

I'm rooted in Central, I'm rooted in me

My life is full of possibilities

Learning to grow in my body and brain

Lovin' myself is the name of the game

I'm rooted in Central, I'm rooted in me

My life is full of possibilities

Learning to grow in my body and brain

Lovin' myself is the name of the game

I BELONG

E B A A - E B A A

I belong to those that help know that I am celebrated

I belong to those that feel good to be around

I belong to those that help me feel light

I belong to those that help me laugh

D E

I belong I belong

D E

I belong I belong

D B7 E

I belong I belong to me

uke solo and ooh/aahs

D E

I belong I belong

D E

I belong I belong

D B7 E

I belong I belong to me

E B A A - E B A A

I belong to those that help me know that I am enough

I belong to those that remind me that it's all temporary

I belong to those that don't compete and don't make fun of me

I belong to those that let me be free to be me

D E

I belong I belong

D E

I belong I belong

D B7 E

I belong I belong to me

NOT MUCH ELSE TO SAY

C dm em G
Not Much Else To Say, Not Much Else To Say - there's
not much else to say,

C
Not Much Else To Say
C dm em F G C
Not Much Else To Say, Not Much Else To Say every
single day Not Much Else To Say

F C
No matter where you go
dm C
No matter what you do
F C
You'll always have my heart
F dm G
'cuz I belong to you

C dm em G
Not Much Else To Say, Not Much Else To Say - there's
not much else to say,
C
Not Much Else To Say

KINDNESS BUS

tempo: 108

A D A E

A D A E A

Chorus:

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends of every shape and size

D A D A D A E

Verse: Short ones and skinny ones
Tall ones and round
We can change the world
By choosing to be kind...

Chorus

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends whose skin looks different
from yours

Verse 2:

It could be darker or lighter
freckly or clear
We can change the world
by choosing to be kind...

Chorus:

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends of all ability

D A D A D A E

Verse: Blind, Deaf, or Wheelchair Bound,
or someone with a cast
We can change the world
By choosing to be kind...

Chorus:

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends whose words sound different
from yours

D A D A D A E

Verse: Hola, Konnichiwa, Hello, Bonjour
We can change the world
by choosing to be kind...

Welcome to the kindness bus
You can join all of us
We make stops all over the town
If you've got an open mind
You might be surprised to find
there's friends everywhere you go

LIFE GOES ON

C am F G

Bababa

chorus:

Life goes on, things come up, ya gotta let it go
Life goes on, mistakes are made, try to shake it off

Do you think a bird ever wants to swim?
Do you think a fish wants to fly?
Have you ever wanted something really bad
But it just doesn't work out?
It just doesn't work out....?

Bababa

Life goes on, things come up, ya gotta let it go
Life goes on, mistakes are made, try to shake it off

Do you think an elephant wants to crawl?
Do you think a snake wants to run?
Have you ever made a choice that was really bad
and you're not proud of it?
you're still good, i know

Bababa

Life goes on, things come up, ya gotta let it go
Life goes on, mistakes are made, try to shake it off

Bababa

MEDITATION

Imagine walking outside for the first time today. The air is perfect. There's only one puffy cloud in the sky. Your body feels calm and healthy. The birds are chirping and you are surprised to see a contraption in the grass in front of you. As you get closer to it, you realize it is a hot air balloon! There's no one else around, but you see a sign on it that reads "Belly Breath Balloon - Powered by the Magical You"! You walk around the balloon and investigate. There is a door that leads to an area that is meant to be stood in when the balloon rises...and it is open...so you go inside.

Once inside the balloon you take a big breath in your nose and out your mouth. As you do this, it seems the balloon comes to life and jiggles a little bit. You breathe in again and as you breathe out, the whole balloon, floor, and you lift off the ground. You start to understand that every time you let a big full breath out of your mouth, the hot air balloon lifts higher. As you keep breathing, the balloon continues to rise higher and higher.

You are as tall as the trees and see a little bird that almost looks like he is waving at you - so you wave back. You feel so light and free up here. Nothing is on your mind except your breath, which is focused on lifting you gently higher and higher. Soon, you see that you are right next to that puffy cloud you saw from the ground. It's almost like it is giving you a safe, Soft ****Replace**** hug and you feel the littlest bit of mist as it snuggles you up.

You decide that this is high enough. And just as soon as you've made that choice, now your exhale becomes the lowering button. You descend ever so gracefully, waving to the same bird again, seeing the same tree again, and thanking yourself for taking this time to have a lovely moment to yourself. A lovely experience that only you have had. And you remind yourself that you can take this adventure anytime you want and from anywhere you want.

As you gently land back on the ground you say out loud "I am safe. I am calm. I love myself."

POCKET

c#m - f#m - c#m - g#m -f#m - c#m

I've got your love in my pocket and I take it with me
Sweet memories I hold em close to me

I've got your jokes in my pocket and I take 'em with me
The joy and the sillies that you shared with me

Ah oo ah oo ah oo

I've got your stories in my pocket and I take 'em with me
I share little snippets with friends close to me

I've got the warmth of your love in my pocket today
The feelin' in my heart will never fade away

Ah oo ah oo ah oo

Clap clap clap your hands - clap clap clap clap your hands
Clap 'em up high, clap 'em down low
Round and round and here we go

I've got the strength of my feelings in my pocket today
Some days may be hard but today I'll say

I've got your love in my pocket and I take it with me
Sweet memories I hold em close to me

lyrics written by: Ana Maria Locke
featuring: Stephen Mulvahill & Jeremy Jones

SELAH

Make a good choice

Do what is right

Pause and listen
to feel your might

SHAKER SONG

A7 (strum wildly for attention)

...and we're gonna....

D

shake shake shake, shake shaky shake

A7

shake shake shake and stop

A7

shake shake shake, shake shaky shake

D

shake shake shake and stop

D

(in high voice) Shake them up high, really really high

A7

really high and stop

spoken: What's the opposite of 'high'?

A7

(in low voice) shake them down low, really really low

D

really really low and stop

(continue same chord pattern with different versions of the lyrics: "shake them really fast/slow", shake them really quietly/loud")

SLOW DOWN

capo 1

G C G D
Wake up in the mornin', there's so much I gotta do
G C G D G
Brush my teeth, comb my hair, put my clothes on too
em C em C
Then I need to eat some breakfast, pack a bag and pack my lunch
em C D
It's just a busy part of the day
em C D7 G
I wanna say "Hey hey hey can we just slow down?"
em C D7 G
Hey hey hey can we just slow down?"

G C G D
A couple hours later its time to eat my lunch,
G C G D G
Making healthy choices, I pause before I munch
em C em C
Gratitude for this food that will help me grow
em C D
If my mind gets busy thats okay
em C D7 G
I get to say "Hey hey hey can we just slow down?" (and breathe)
em C D7 G
"Hey hey hey can we just slow down?"

G C G D
My day is almost over its time to go home
G C G D G
Eat dinner with my family while we're chillin in our zone
em C em C
Brush my teeth, put my jammies on, story time then bed
em C D
Think about my day and clear my head
em C D7 G
I get to say "Hey hey hey, it's time to slow down"
em C D7 G
"Hey hey hey, it's time to slow down"

TAPPA TAPPA

Ax8

D A D A E A A

When I feel sad or sometimes mad
I feel it in my body it feels pretty bad
I wanna make it go away
So I tap a tap a tap a every day

First, let's keep a beat together with
our claps...

Let's take our claps and turn them into
taps on our body... follow my lead!

Instruction verse:

Karate chop the side of your hand
Tap on the middle of your forehead
Tap your temples -Tap under your eyes
Tap under your nose -Tap your chin
Tap your collar bones
Give yourself a hug and tap under your
armpits

This time we are going to say together
the same phrase over and over while
we tap just like we did before

Even when I feel big things
I trust & know that I am safe X3
Oooh

Even when I feel big things
I trust & know that I am safe X3
Oooh

When I feel sad or sometimes mad
I feel it in my body it feels pretty bad
I wanna make it go away
So I tap a tap a tap a every day

It's something to practice today
When I do I feel okay

tapatapatapa tapap every day

THE PATH

I am so grateful

I am so grateful

for this earth

for this air

for this water

for your care

I am so grateful

I am so grateful

When we start with a grateful heart

We see all the light there could be

When we start with a grateful heart

The path is easier to see

I am so grateful

I am so grateful

I am so grateful for my life

VITAMIN TRAIN

F Bb F C

What you put in your body you'll be putting in your brain
chugga chugga choo like a vitamin train

If you choose to eat junk you'll be feeling in a funk
Love your body love your mind -you'll be feeling just fine

Love your body
Move your body
Choose food thoughtfully

Focus your eyes on the vegetable prize
Save the sweet for an after dinner treat

Water water aren't we lucky
To have hydration that's clean and not yucky

GOODBYE

C E7 Am
Goodbye, goodbye, goodbye
F G C
Goodbye to all of our friends
C E7 Am
Goodbye, adios, see you later
F G C
Goodbye to all of our friends
F G C
I'll see you next time