

Mindful Schools Teacher Training

Songs Lyrics For Online Additional Songs

Bring Your Body Into The Circle

Betsy Rose

Bring your body into the circle
Bring your body into the circle
Bring your body into the circle
It's time for mindfulness!

Bring your heart...
Bring your breath...
Bring your mind...

(All can make up more verses together! *Guiding question:* "What else do we need in the circle, to practice mindfulness together?" *Friends, mind, concentration... Sing their verses!*)

Woke Up This Morning

(with my mind stayed on freedom)

(African-American Traditional)

Woke up this morning with my mind
Stayed on freedom
Woke up this morning with my mind
Stayed on freedom
Woke up this morning with my mind
Stayed on freedom
Hallelu, Hallelu, Halleluia

("Zip" in a few other words in place of Freedom: Friendship, happiness...

Then solicit their ideas based on the "Guiding question: what do you like to "stay your mind on"

(concentrate, focus) when you're facing something hard- a friend who's made at you, a big test, an important athletic game, something at home that's troubling... Sing their verses!

Opening Mindful Chant- Call and Response

Betsy Rose

Teacher:

Mindfulness is in my heart

Students echo:

Mindfulness is in my heart

Teacher

Mindfulness is in my breath **(echo)**

Mindfulness is in my mind **(echo)**

Mindfulness is in my bones

(Students add more verses.. Can end song with "Mindfulness is everywhere".)

Extra verse for Equanimity:

I'm sitting at my desk it's time for the

Final big math test

I'm good at lots of other things

But math is not my best

My hands are cold and clammy

My brain is stuck like glue

So I close my eyes

Take a REALLY DEEEEP BREATH

And tell myself what's true

(Spoken-students can do this together:

I'm smart-----I've studied this

I can figure it out----And if I can't

IT'S ONLY A TEST!!!!

Taste and See

Betsy Rose

Oh taste, taste and see
How good is the fruit that falls from the tree
Oh taste, taste and see
How good is the fruit of the garden.

(Full version of song with verses available on itunes or CDBaby as digital download).

Heart To Heart

(Sarah Pirtle and Cornell School Students)

Heart to heart we can listen

Heart to heart we can talk it out *(repeat)*

Sometimes I feel angry
I don't want to hit or shout
When I know I'm angry,
I can talk it out!

Heart to heart we can listen

Heart to heart we can talk it out....

Sometimes I feel scared
I don't want to run away
When I know I'm scared
I'll tell what I have to say

Heart to heart we can listen

Heart to heart we can talk it out.....

Sometimes i feel sad
I don't want to hide away
When I know I'm sad
I'll tell you how I feel today

Heart to heart we can listen

Heart to heart we can talk it out.....

(Hand motions:

Heart to heart—arms/hands crossed over heart area

We can listen: cup your ears as if listening hard

Heart to heart (same as above)

We can talk it out : two index fingers travel back and forth from lips to our in front as if talking to another person-when one finger is at lips, the other is stretched out in front, then they reverse. So it's two people talking back and forth.

Children can easily make up body motions for the feelings: angry (anger: clenched fists, angry face; scared: hug self and hunch over)

The Earth Is our Mother

(Native American)

The earth is our mother, we must take care of her (repeat)

Hey yana Ho yana Hey yan yan (repeat)

The sky is our father, we must take care of him...

Students make up more verses filling out the earth/global family.

Guiding questions: what other part of nature do we want to include in our family?

And what shall it be- brother, uncle, cousin, grandmother???