

"Catching Smiles"

PRESENTED BY



The Spirit of Music ...

A home or classroom filled with music and creative ideas is the richest place in the world. But it doesn't stop there; you can take it with you wherever you go. **Music and spirit are inseparable.** Spirit inspires music and music expresses spirit. Music helps us recognize and appreciate the wonder of the world and our place within it.

Giving a young child an awareness of music provides a foundation for a lifelong love of music and is the basis for any future musical training. It is an investment on your part, but the joy it brings richly rewards the effort. It is truly a gift that keeps on giving.

"Catching Smiles" reminds us music is everywhere. But it cannot reach us until we hear it. We must become aware of it and respond to it. This opens its richness to exploration.

Yes, everyone can sing! Your child loves the sound of your voice and daily activities provide ample opportunities to celebrate in song.

- Anytime of day is music time. Awakening to music can set the tone of a child's day and a lullaby can bring it to a close. In between, music can influence how children see the world and how they respond to it. Music whispers and shouts, laughs and cries, cheers and warms, excites and calms.
- You can sing your child into and out of her clothes when getting dressed and undressed. Sing your child to the table or to bed. Singing makes chores enjoyable and helps pass the time when you are in the car. Sing about colors, seasons, weather, holidays, family, pets and your neighborhood. Sing about animals, trees, flowers, the sky, and anything else in nature.
- "Bear Stomp" illustrates the wide variety of movements a song can stimulate. Other songs on the CD suggest ways of moving that express feelings or ideas. These include the movement of the sun and moon, climbing a tree, running or sitting. Several of the songs describe emotions that can be expressed in movement. Examples are feeling happy, sad, mad, scared, or relaxed. A child's body is naturally a musical instrument and as with any other instrument, its expressive potential must be developed.
- "Catching Smiles" offers you a great place to begin.

Catching Smiles— The CD

The spiritual light that fills our world is a theme that recurs throughout "Catching Smiles." These messages help us feel good about ourselves and what we have to share with others. The music tells us that we can make our day whatever we want it to be. It reminds us that our smiles can light up the world and help others feel happy. The comfort of a peaceful and secure world is portrayed in the music that closes the day, inviting a child to relax and make the transition into a restful sleep. Themes that activate children's awareness are introduced at the beginning of the CD and continue throughout. "The Sun Comes Up" and "Good Morning" help us feel good about what the day ahead offers. The theme of happiness appears in music that describes the rich blessings available to us. Children are born into music. For months before they make their appearance in the world, they have been rocked to-and-fro in the womb to the accompaniment of their mother's heartbeat. The child's own heartbeat provides rhythmic accompaniment that will continue for a lifetime. The sound of the heartbeat that closes the "Catching Smiles" CD reminds us to give thanks for the precious gift of life.

What You Can Do

Children don't just hear music, they respond to it. They naturally want to move to the rhythm of the music. The freedom to respond is the starting point, but music offers more than that. It provides endless opportunities to explore. Your role is to create the setting and support the process. Your participation is essential. You must be actively involved. And this doesn't just benefit your child, it brings joy into your life. The first step is to become aware of musical voices in the world. "Catching Smiles" captures the rich tapestry of musical styles and voices that fill our world. It features male and female voices, a variety of instruments and sounds of nature. And music from a variety of cultures is represented.

Once you are aware, a world of possibilities open. Encourage your child's imagination and freedom of expression. And remember, anytime is music time.



Lyrics...

1. THE SUN COMES UP *Traditional. Velma Frye*

The sun comes up. The sun goes down.
The world keeps turning 'round and 'round.
I love you, and you love me.
And that's how simple life can be.

I feel, I feel, I feel, I feel like the morning sun.
I feel, I feel, I feel, I feel like the morning sun.

The moon comes up. The moon goes down.
The world keeps turning 'round and 'round.
I love you, and you love me.
And that's how simple life can be.

I feel, I feel, I feel, I feel like the midnight moon.
I feel, I feel, I feel, I feel like the midnight moon.

The sun comes up. The sun goes down.
The world keeps turning 'round and 'round.
I love you, and you love me.
And that's how simple life can be.

2. YOU'RE SOMEBODY SPECIAL

Music by John Paul Walters

Words by John Paul Walters and Carol Ann Mathews

You're somebody special – just because you're you
The way you walk and talk, the things you say and do
The gifts that only you possess
Completely different from the rest
You're somebody special, there's no one like you!

You're somebody special – you're part of nature's plan
Fingerprints and snowflakes and tiny grains of sand
A world of wonder waits for you
So many things to see and do
You're somebody special, you're uniquely you!

Hey-ho! What da y'know?
Let me take this opportunity to tell you so!
Ooowee! Yessirree!
Being something special is your speciality!
You're somebody special – especially to me
I like the way you give yourself away so easily
You always know just how to get me
Through the thick and thin of it
You're somebody special; you're a friend indeed.

3. THIS LITTLE LIGHT OF MINE

Traditional. Arranged by Pam Laws and W. Barrow

This little light of mine, I'm going to let it shine.
This little light of mine, I'm going to let it shine.
This little light of mine, I'm going to let it shine.
Let it shine, let it shine, let it shine.

[REPEAT REFRAIN]

Everywhere I go, I'm gonna let it shine.
Everywhere I go, I'm gonna let it shine.
Everywhere I go, I'm gonna let it shine.
Let it shine, let it shine, let it shine.

When I go to Tokyo, I'm gonna let it shine.
When I go to Moscow, I'm gonna let it shine.

I'm gonna sing all over the world and let it shine,
Let it shine, let it shine, let it shine.

When things get to hard, I'm gonna let it shine.
When no one seems to love, I'm gonna let it shine.

When this world gets to dark, I'm gonna let it shine.
Let it shine, let it shine, let it shine.

This little light of mine, I'm going to let it shine.
This little light of mine, I'm going to let it shine.
This little light of mine, I'm going to let it shine.
Let it shine, let it shine, let it shine.

4. GOOD MORNING

Music and lyrics by Rodger "SafariMan" Tripp

Good morning, this morning; How are you this morning
I hope you're feeling great
The rest of the day is whatever we make it
So let's make it a great day.

Yep, it's up to us!
We can make it any kind of day we want it to be.
I don't like sad days, I do like happy days.
I like great days, so I'm going to make my day a great day.

Good morning, this morning; How are you this morning
I hope you're feeling great
The rest of the day is whatever we make it
So let's make it a great day.
Let's make it a great day! Let's make it a great day!



"Catching Smiles" offers you a great place to begin.
Additional information and activities are available at **WholeChildLeon.org**
under the **Spiritual Foundation and Strength Action Team.**

Special Thanks to all of the musicians and
Pete Winter, Winterstone Productions (pete@winterstoneproductions.com)





Lyrics...

5. CATCHING SMILES

Music and lyrics by Brian "Papa Kalapa" Burgess

I'm gonna take a good look in the mirror:
(And) take a good look at what is looking back at me.
I'm gonna flash my biggest smile,
Turn on the light just a little while,
So I can feel it shining back on me.

Hey-Hey! Now-Now!
Your smile's contagious the whole wide world around. [2X]

We can feel any way we want to feel,
But we've gotta wear the look that goes along with that deal.
(And) if we're gonna wear it, everyone around us will share it.
(And) is that how we want the world to feel?

I can be mad! Be lookin' all down.
I can be scared... and be lookin' all around...
I can be sad, and wear a big ole frown.
Or I can be happy and help to turn the world around.

Hey-Hey! Now-Now!
Your smile's contagious the whole wide world around. [2X]

Happy kids make up happy families.
Happy families make up happy towns.
Happy towns make up happy countries.
Happy, smiling countries, the whole wide world around.

Hey-Hey! Now-Now!
Your smile's contagious the whole wide world around.
Hey-Hey! Now-Now!
If we can be happy, we can help turn the world around!
Turn the world around.
Turn the frown upside down... and (let me see you) SMILE!

6. WHO I AM Julie Thompson

I like to be (I like to be); Who I am (Who I am)
No one else but me (No one else but me)
Can be Who I am (Who I am)

I love the scent of lilac in the spring
I love to sail in my backyard on my swing
I love to climb a tree up very high
Send my voice reaching to the sky
And I sing –

[CHORUS]

I have a friend, she sits in a chair
A chair that's wheeled from here to there
It's part of her life, but she doesn't complain
"You know" she says "we're really the same,
I can't run with you, but let's play a game."
And she says –

[CHORUS]

I have a friend, she can't hear my song
She uses her hands to tell me what's wrong
She says, there's nothing wrong with being who I am
You know, there is so much that I can do,
Like me for me, I like you for you.
And she signs,

I like to be (I like to be); Who I am (Who I am)
No one else but me (No one else but me)
Can be Who I am (Who I am)

I'm Perfectly Me.

7. GATOR GROOVE Carol Ann Mathews

Broad snout, beady eye. Tough tail. Alligator hide.
Bad breath. Good grief!
That boy, should be brushing those teeth.
Ah, ah.; Ah, ah.

Swamp stomp. Splish, splash. Dive deep. What a gas!
Aqua-commotion. What a scene.
That boy, is an eatin' machine.
Ah, ah.; Ah, ah.

Sun's up. Hot Day. Dry spell. Need rain.
But, he's got a plan, so we're told.
He's busy diggin' his gator hole.
Ah, ah.; Ah, ah.

8. FUNGA Bill "Yazid" Johnson

Funga Alafia, Ashe Ashe
Funga Alafia, Ashe Ashe
Funga Alafia, Ashe Ashe
Funga Alafia, Ashe Ashe

Ashe Ashe
Ashe Ashe
Ashe Ashe

9. I LOVE MY DUCKIE Rick Knowles

Oh my, my, I love my duckie, oh my, my.
Yeah I love my duckie and my duckie is a friend of mine.

When people see me walking him down the street,
They always want to laugh but I think he's neat,
He waddles and he coddles when the cars go by,
I love that duckie. He's a friend of mine.

Quack Quack ... Quack Quack my duckie (REPEAT 3X)
Yeah I love my duckie and my duckie is a friend of mine,
Yeah I love my duckie and my duckie is a friend of mine.



Lyrics...

10. LONG CHAIN *Jim Crozier*

There's some little plankton, Growing in the sea. (REPEAT 2X)

'Long comes a school of herring (3X);

And eats 'em: one, two, three!

[CHORUS]

We're all part of a long chain, Just like the sun and the rain.
It's all part of a food chain, And it's what we eat each day.

There's a school of herring, Swimmin in the sea. (2X)

'Long comes the cod fish (3X); And eats 'em: one, two, three!

[CHORUS]

Look, there goes a cod fish, Swimmin' in the sea. (2X)

'Long comes a school of tuna (3X);

And eats 'em: one, two three!

[CHORUS]

There's a school of tuna, Swimmin' in the sea. (2X)

'Long comes the white shark (3X);

And eats 'em one, two, three!

There's some little plankton, Growing in the sea. (2X)

'Long comes an oil spill (3X); And kills it: one, two, three!

We're all part of a long chain, Just like the sun and the rain.

And if there is no food chain, What will we eat today?

11. BEAUTIFUL DAY

Bill "Yazid" Johnson and Jende B. Pahnke

Boy, I see you in the corner; With your head hung low
Why you gotta, gotta let her get to you so
Everybody's got some problem to make them blue
Oh Boy, don't cha let her get to you

Take your troubles & throw 'em into the deep blue sea
Feel the sun, smiling down on you & me
Let the breezes blow all your cares away
Feel the rhythm of the palm trees sway

Come with me boy, Come play, It's a beautiful day
Come play, It's a beautiful day

Boy I see you're feeling better cause I see your smile
Come relax, relax for awhile

Everybody's got some problem to make them blue
Oh Boy, don't cha let it worry you

Take your troubles & throw 'em into the deep blue sea
Feel the sun, smiling down on you & me
Let the breezes blow all your cares away
Feel the rhythm of the palm trees sway

Come with me boy, Come play, It's a beautiful day
Come play, It's a beautiful day

12. MAKE IT LAST, WEAR IT OUT, USE IT UP, DO WITHOUT

Music by John Paul Walters

Lyrics by John Paul Walters and Carol Ann Mathews

Cruisin' down the road in your automobile
Mama's ridin' shotgun, Dad's behind the wheel
Little sister's got a wrapper from a candy bar
Better grab it quick; Before she throws it out the car

Make it last, wear it out, use it up, do without!
You got to... Make it last, wear it out, use it up, do without!

You're up every mornin' at the break of dawn
Peruse the daily news and put some coffee on
But don't you throw away that paper!
Don't throw away those grinds!
Recycle every bit of it and use it one more time!

Hiking in the mountains with your knapsack on your back
Filled to the brim with your favorite freeze-dried snacks
Taking in the beauty of nature all about
If you're gonna pack in it, then you better pack it out!

13. BEAR STOMP

Music and lyrics by Rodger "SafariMan" Tripp

[Oh!] Stomp, stomp, stomp, stomp your feet. (REPEAT 4X)[Now!]

Jump, jump, jump, up and down. (4X)

[And!] Clap, clap, clap your hands. (4X)

[And!] Spin, spin, spin around and around. (2X)

Around and around and around and around. (2X)

[Now!] Fly, fly, fly like a bird. (4X)

[And!] Shake, shake, shake your body. (4X)

[Now!] Crawl, crawl, crawl like a turtle. (4X)

That's right. Turtles are pretty slow.

[Now!] Slither, slither, slither like a snake. (4X)

Snakes like to slide around and hiss and stick their tongues out.

[Now!] Sleep, sleep, sleep like a bear. (4X)

All bears are sleeping. Lay your heads down bears.

Close your eyes. Shhh...

Go to sleep bears.

Don't worry, we'll wake you up about 5:30.

[Oh!] Jump, jump, jump, up and down. (4X)

[And!] Jump, jump, jump, up and down. (4X)

[And!] Clap, clap, clap your hands. (4X)

[And!] Spin, spin, spin around and around. (2X)

Around and around and around and around. (2X)

[Now!] Fly, fly, fly like a bird. (4X)

[And!] Shake, shake, shake, shake your body. (4X)

[And!] Stomp, stomp, stomp, stomp your feet. (4X)

[And!] Sit, sit, sit on the floor. (2X)

Everybody sitting down.; Sitting down on the floor.

So we can sing some more.



Lyrics...

14. THE EARTH IS OUR MOTHER

Traditional. New words: Velma Frye

The Earth is our mother. We must take care of her. (2X)

[CHORUS]: Hey, yana. Ho, yana. Hey, yan yan. (2X)

[VERSES]:

The sky is our father. We must take care of him. (2X)

The sea is our sister. We must take care of her. (2X)

The forest is our brother. We must take care of him. (2X)

The Earth is our body. We must take care of her. (2X)

[CHORUS] (4X)

15. EZRA'S LULLABY

Carrie Hamby, Instrumental

16. GOOD NIGHT GOOD EARTH

Music and lyrics by John Paul Walters

[CHORUS]

Good night good earth, good night good earth

I wish you well, my friend

Tonight I'll dream with the moon and stars

And tomorrow I'll see you again.

[VERSES]:

Thank you for the rivers and the seven shining seas

Thank you for quiet lake and for the ocean breeze

Thank you for the canyons, the desert and the plain

Thank you for the rolling hills and for the mountain range

Instrumental

Thank you for the seasons and the changes that they bring

For autumn leaves and winter snow and flowers in the spring

17. SLEEP MY CHILD

Written by Julie Thompson and Brownie Macintosh

Sleep My Child, I love you

Dream my Child, Let your Dreams come True

Sleep child, sleep, the night is dressed in white

Close your eyes and I'll be at your side 'til the morning light

Dream child, dream, bathed in candlelight

Knowing that your dreams will guide you safely through the night

Wonderful night, your eyes are all aglow

Waiting for the Sandman, now off to sleep you go

All through the town, no one is about

Go to sleep my child and I shall blow the candle out

18. EVENING FLUTE WITH CRICKETS

Sammy Tedder, Instrumental

19. HEARTBEAT



PARENTS: Get connected to community resources that can assist you and your family at the Whole Child Connection available at

www.WholeChildLeon.org

Contact a Whole Child Leon Advisor today, at 850.414.8344

A Community Where Everyone Works Together To Make Sure Children Thrive!

Children Ready to Learn **elc** *Families Ready to Work*
The Early Learning Coalition of the Big Bend Region

FAMILIES:	CHILDREN:	PROVIDERS & TEACHERS:	Customer Service Hours
<ul style="list-style-type: none"> Child care information and resources Customized child care referrals School Readiness tuition assistance Voluntary PreK programs for 4 year olds Referrals and assistance in accessing additional community resources 	<ul style="list-style-type: none"> Hearing, vision and developmental screening Early literacy programs such as the My First Books "giving library" Early intervention services for children with identified areas of concern 	<ul style="list-style-type: none"> Professional development through on-line and classroom training On-site coaching and technical assistance Resource development Linkages to community resources and volunteers 	Mon.-Thurs 7am-6pm Northwood Centre 1940 N. Monroe St., Ste 70 Tallahassee, FL 32303 (850) 385.0504 Child Care Resource and Referral (866) 973.9030 Inclusion Warm-Line Services (866) 390.1851

www.elcbigbend.org
 Headquartered in Tallahassee, Florida, the ELC proudly serves Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, and Wakulla Counties. The ELC is responsible for the administration of the School Readiness and Voluntary PreKindergarten programs.
 A contracted partner with the State of Florida's Agency for Workforce Innovation—Office of Early (AWI-OEL)