



## **Track 1**

### ***I Wanna Be an MVP***

MVP Kids! I wanna be an MVP!

MVP Kids! Grow up with me, and you'll see...

*(spoken)* How to be an MVP!

MVP Kids! I wanna be an MVP!

MVP Kids! Grow up with me, and you'll see...

*(spoken)* How to be an MVP!

MVP Kids! Oo-oo.

MVP Kids! Oo-oo, yeah!



**Track 2**  
***Values Chant***

We value safety.

We can be safe!

We value others.

We can be friendly!

We value learning.

We can work hard!



### **Track 3**

#### ***Solve It! Time***

Oops! We've got a problem.  
It's solve-it time, solve-it time  
Oops! We've got a problem.  
What are we gonna do?

We could play together.  
We could ask for help.  
We could say, "please stop."  
Or ignore what's botherin' you.

Oops! We've got a problem.  
It's solve-it time, solve-it time.  
Oops! We've got a problem.  
What are we gonna do?

We could take turns.  
We could trade our things.  
We could use a timer,  
Or flip a coin to choose.

Oops! We've got a problem.  
It's solve-it time, solve-it time  
Oops! We've got a problem.  
What are we gonna do?  
Make a choice and follow through!



## Track 4

### ***Marvelous Me***

It's so fun bein' me!  
I know what I like, and how to be, oh!  
It's so fun bein' me!  
Terrific, wonderful, marvelous me!

I know what books I like to read,  
I play outside, feelin' free.  
I know what foods I like to eat.  
I am unique and lovin' me.  
Oh yea!

It's so fun bein' me!  
I know what I like and how to be, oh!  
It's so fun bein' me!  
Terrific, wonderful, marvelous me!

I know my favorite colors to see.  
I make my own music for everybody.  
I know people care about me.  
I am unique and lovin' me!  
Oh yea!

It's so fun bein' me!  
I know what I like, and how to be, oh!  
It's so fun bein' me!  
Terrific, wonderful, marvelous me!

There is no one here like me.  
I'm not afraid to just be me.  
Around the whole world people see  
I am unique and lovin' me!  
Oh yea!

It's so fun bein' me!  
I know what I like and how to be, oh!  
It's so fun bein' me!  
Terrific, wonderful, marvelous me!  
Terrific, wonderful, marvelous me!



## Track 5

### ***Will You Be Friends With Me?***

Will ya be friends with me?

We're not the same, but why should we be? Oh!

Will ya be friends with me?

Come with me, and we'll have fun, you'll see!

Gabby and Lucas in their neighborhood

Gathering friends to do some good!

Leo, Annie, Liam, and Faith

Cleaning up trash and all the waste.

Will ya be friends with me?

We're not the same, but why should we be? Oh!

Will ya be friends with me?

Come with me, and we'll have fun, you'll see!

Sarah starts a game of basketball.

Lebron makes sure they're including all.

Aanya, Julia, Frankie, and Blake

Running and throwing, scores to make.

Will ya be friends with me?

We're not the same, but why should we be? Oh!

Will ya be friends with me?

Come with me, and we'll have fun, you'll see!

Olivia gathers her paints and friends,

Ready to make art and see how it ends.

Yong, Ezekiel, Miriam, too,

Creating and imagining a friend like you!

Will ya be friends with me?

We're not the same, but why should we be? Oh!

Will ya be friends with me?

Come with me, and we'll have fun you'll see!

Yes, come along and be friends with me!



## **Track 6**

### ***Feelings***

I'm so happy, oh so happy,  
I feel like I could fly!  
I'm so happy, oh so happy,  
I'm showing off my smile!

I'm so scared, oh so scared,  
I feel like I could hide!  
I'm so scared, oh so scared,  
I want Mommy's side.

I'm so excited, oh so excited,  
I feel like I could shout!  
I'm so excited, oh so excited,  
I'm jumping all about!

I'm so angry, oh so angry,  
I feel like I could break!  
I'm so angry, oh so angry,  
My body starts to shake!

I'm so sad, oh so sad,  
I feel like I could cry!  
I'm so sad, oh so sad,  
I feel so empty inside!

I'm so wild, oh so wild,  
I feel like I could explode!  
I'm so wild, oh so wild,  
I'm ready now so let's GO!

I'm so tired, oh so tired,  
I feel like I could sleep!  
I'm so tired, oh so tired,  
I close my eyes and I dream!



## **Track 7**

### ***Please and Thank You***

Please and thank you, please and thank you.

I wait my turn to speak!

Please and thank you, please and thank you.

I'm safe in my seat!

Please and thank you, please and thank you.

I say, "Excuse me!"

Please and thank you, please and thank you.

I show respect watch me!

Please and thank you, please and thank you.

It's friendly to share!

Please and thank you, please and thank you.

Manners show I care.

Manners show I care.



## **Track 8**

### ***Watch Me Groove***

It feels good, good to move.

Come on now and watch me groove.

Can you do it, do it, too?

Come on now we're looking smooth.

Now jump, jump, jump, jump, jump, jump, jump, now, STOP!

Oh, it feels good, good to move.

Come on now and watch me groove.

Can you do it, do it, too?

Come on now we're looking smooth.

Now wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, wiggle, now, STOP!

Oh, it feels good, good to move.

Come on now and watch me groove.

Can you do it, do it, too?

Come on now we're looking smooth.

Now clap, clap, clap, clap, clap, clap, clap, now, STOP!

Oh, it feels good, good to move.

Come on now and watch me groove.

Can you do it, do it, too?

Come on now we're looking smooth.

Now dance, dance, dance, dance, dance, dance, dance, now, STOP!



Oh, it feels good, good to move.  
Come on now and watch me groove.  
Can you do it, do it, too?  
Come on now we're looking smooth.

Now hop, hop, hop, hop, hop, hop, hop, now, STOP!

Oh, it feels good, good to move.  
Come on now and watch me groove.  
Can you do it, do it, too?  
Come on now we're looking smooth.

Now rainbow, rainbow, rainbow, rainbow, now, STOP!

Oh it feels good, good to move.  
Come on now and watch me groove.  
Can you do it, do it, too?  
Come on now we're looking smooth.

Now get silly! NOW STOP!



## **Track 9**

### ***The Helping Squad***

1, 2, hands.

This is where I stand.

Between a neighbor, between a friend,

Always helping in the end!

'Cause we're the helping squad, the helping squad.

Yeah, we're the helping squad, the helping squad.

Yeah, we're the helping squad!

I clean up trash

I see on the ground.

I help in the classroom

And pass papers 'round!

Clean up, put away,

Thank you for the fun.

In the box, lined up,

On the shelf, done!

1, 2, hands.

This is where I stand.

Between a neighbor, between a friend,

Always helping in the end!

'Cause we're the helping squad, the helping squad.

Yeah, we're the helping squad, the helping squad.

Yeah, we're the helping squad!

I clean my room.  
I sweep the floors.  
I take care of my pets.  
I close the front door!  
I lay the table.  
I make my bed.  
I bring in groceries.  
I do what I said!

1, 2, hands.  
This is where I stand.  
Between a neighbor, between a friend,  
Always helping in the end!  
'Cause we're the helping squad, the helping squad.  
Yeah, we're the helping squad, the helping squad.  
Yeah, we're the helping squad!



## Track 10

### **Breathe with Me (with Instructions)**

I am upset...what can I do?

Breathe with me, and I'll breathe with you.

#### **Flower Breath**

*Choose a flower to smell and bring it to your nose.*

*Smell the flower by breathing in slowly through your nose (Count 1, 2, 3).*

*Exhale slowly through your mouth (Count 1, 2, 3).*

*Breathe with me...*

*Smell the flower 1, 2, 3.*

*Exhale 1, 2, 3*

*(Repeat.)*

I am upset...what can I do?

Breathe with me, and I'll breathe with you.

#### **Waterfall Breath**

*Slowly lift your hands overhead as you take a long, deep breath through your nose (Count 1, 2, 3, 4, 5).*

*Slowly lower your hands in front of your body while wiggling your fingers as you exhale slowly through your mouth making a hissing sound (Say "shhhhh" for a count of 5).*

*Breathe with me...*

*Breathe in through your nose and lift your hands 1, 2, 3, 4, 5.*

*Shhhhhhhhh for a count of five.*

*(Repeat.)*

I am upset...what can I do?

Breathe with me, and I'll breathe with you.

#### **Bear Breath**

*Breathe in through your nose (Count 1, 2, 3).*

*Hold it (Count 1, 2).*

*Breathe out through your mouth (Count 1, 2, 3).*

*Hold it (Count 1, 2).*

*Breathe with me...*

*Breathe in through your nose 1, 2, 3. Hold it 1, 2.*

*Breathe out through your mouth 1, 2, 3. Hold it 1, 2.*

*(Repeat.)*

I am upset...what can I do?

Breathe with me, and I'll breathe with you.

### **Bunny Breath**

*Take three quick sniffs through your nose (Count quickly 1, 2, 3) and one long exhale through your nose (Say "exhale" but draw it out a little).*

*Breathe with me...*

*Sniff the air (quickly) 1, 2, 3.*

*Exhale (Say "exhale" but draw it out).*

*(Repeat.)*

I am upset...what can I do?

Breathe with me, and I'll breathe with you.

### **Blowing Out Candles**

*Hold one hand in front of you, pretend your fingers are candles (Count fingers 1, 2, 3, 4, 5).*

*Blow out a candle with a long breath and slowly curl your finger down as you blow.*

*(Say "blow" but draw it out a little).*

*Breathe with me...*

*Hold up your candles.*

*Blow out the first candle (Say "blow" but draw it out).*

*Blow out the second candle (Say "blow" but draw it out).*

*Blow out the third candle (Say "blow" but draw it out).*

*Blow out the fourth candle (Say "blow" but draw it out).*

*Blow out the fifth candle (Say "blow" but draw it out).*

I am upset...what can I do?

Breathe with me, and I'll breathe with you.

### **Take Five**

*Stretch one hand forward and say "Stop. Be Still."*

*(give pause for kids to follow)*

*Now use your other pointer finger to trace your hand.*

*Breathe in when tracing up; breathe out when tracing down.*

*Up, breathe in... Down, breathe out....*

*Up, breathe in... Down, breathe out....*

*Up, breathe in... Down, breathe out....*

*Up, breathe in... Down, breathe out....*

*Up, breathe in... Down, breathe out....*

I am upset...what can I do?

Breathe with me, and I'll breathe with you.



## **Track 11**

### ***Breathe with Me (with Instrumentals)***

I am upset...what can I do?

Breathe with me, and I'll breathe with you.

*(Repeat 6x.)*