

## It Starts In The Heart

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

It starts in the heart
Way down in the soul
It starts in the heart
Brick by brick and stone by stone
We all find a way to build a wall
And all we get is more alone
Can you see the stones have got to fall
We can let them stand, but then nobody wins
We can work together and find somewhere to begin

#### **Chorus**

It starts in the heart
Way down in the soul
That's the only place the seeds of love can grow
Then you realize that we're not that far apart
We can build a bridge – it starts in the heart
Way down in the soul

It starts in the heart
I look at you, you look at me
Can you see that I am on your side
Though we sometimes disagree
We can find a way to make it by
Though the road is long, and isn't always clear
I know there's some way to get there from here
We can get there

**Repeat Chorus 2x** 





## It Starts In The Heart

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

It starts in the heart With hands in a fist, cross your arms over your chest and tap your heart area two times to the beat of the music

Way down in the soul Uncross your arms and open your hands. Push down your hands down toward the floor in a soft pumping motion two times to the beat of the music It starts in the heart Repeat as in line 1

**Brick by brick and stone by stone** With hands in a fist tap one hand on top of the other alternating hands. As you tap, move your hands upward

We all find a way to build a wall Open your hands palm out and pretend to walk your hands up a pretend wall in front of you

And all we get is more alone Continue with mime version of making a wall

Can you see the stones have got to fall Let both hands fall slowly down to your side

We can let them stand but then nobody wins Raise your hands straight above your head.

Drop your hands with your pointer finger of each hand moving side to side

We can work together and find somewhere to begin

## Chorus

It starts in the heart With hands in a fist, cross your arms over your chest and tap your heart area two times to the beat of the music

Way down in the soul Uncross your arms and open your hands. Push down your hands down toward the floor in a soft pumping motion two times to the beat of the music That's the only place the seeds of love can grow Turn your hands over, palms up and

extend your arms

**Then you realize that we are not that far apart** With a partner, hold both hands in a high five position. Interlock fingers. Keep hands around shoulder height

We can build a bridge Raise your hands up high as to make a bridge It starts in the heart Cross your arms over your chest as you did before

**Way down in the soul** Uncross your arms and open your hands. Push down your hands down toward the floor in a soft pumping motion two times to the beat of the music



It starts in the heart Repeat as in line 1

I look at you and you look at me Turn and face a partner point both hands at each other and then back at yourself

Can you see that I am on your side Stand side to side touching each other though we sometimes disagree

We can find a way to make it by Lock elbows and sing chorus

**Though the road is long** Hands together in prayer position, fingers aiming forward. Move the hands in a snake motion forward

And isn't always clear Place both hands, palms inward, in front of your face

I know there's some way Touch index fingers to sides of head (as if to use one's brain)

To get there from here Point fingers down to spot where you are standing







## **Get Ready**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Chorus**

Good morning, Good morning Let's get ready the brain smart way Good morning, Good morning

Get ready to start the day
Get your hands ready – shake, shake
Get your arms ready – stretch, stretch
Get your brain ready – cross, cross
Get your focus ready – take deep breath

### **Repeat Chorus**

Good morning, good morning Let's get ready the brain smart way Good morning, good morning Get ready to start the day.

Connect with a friend – shake, shake
Connect with a friend – clap, clap
Connect with a friend – hip, hip
Connect with a friend – hug, hug, hug
Good morning, good morning
Get ready to start the day

Get ready to start the day (2x)





## **Get Ready**

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### Chorus

Good Morning, Good Morning Let's get ready the brain smart way Good morning, Good morning Get ready to start the day

Get your hands ready - shake, shake Shake your hands

Get your arms ready - stretch, stretch Reach your arms up high

**Get your brain ready - cross, cross** Touch your right elbow to your left knee and then left elbow to right knee crossing the midline of the body. If this is too hard for young children have them cross the midline of the body in some fashion

**Get your focus ready - breathe, breathe** Breathe in deeply through the nose, hold it and exhale slowly

Get your hands ready - shake, shake Repeat as above
Get your arms ready - stretch, stretch
Get your brains ready - cross, cross
Get your focus ready - breathe, breathe

## Repeat Chorus

Connect with a friend - shake, shake Turn to your partner and shake their hand
Connect with a friend - clap, clap Clap both hands with a partner
Connect with a friend - hug, hug Give your partner a big hug
Good morning, good morning
Let's get ready the brain smart way
Get ready to start the day



## **Extensions**

With older children use this as a bridge to a discussion about the brain and how the brain needs oxygen, exercise, food and stimulation to grow and work properly. Teach them that the left side of the brain controls the arm and leg motions on the right side and vice versa. Crossing the center of the body stimulates both sides of the brain to work together. Taking a deep breath allows you to relax and reduces the stress in the body. When the stress is reduced, you can think instead of react to situations that are upsetting.







## Welcome

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Chorus**

Welcome to our class
Welcome, we're glad you're here
Welcome to our class
Welcome, we're glad you're here

Hello, hello, hello Hello to you and me Hello, hello, hello Join in our family

### **Repeat Chorus**

Here's a smile for you A smile for you and me Here's a smile for you Join in our family

## **Repeat Chorus**

Here's a nice high five
A high five for you and me
Here's a nice high five
Join in our family
Here's a friendly shake
A shake for you and me
Here's a friendly shake
Join in our family

## **Repeat Chorus**

Welcome!







## Welcome

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### Chorus

Welcome to our class Sing the chorus Welcome, we're glad you're here Welcome to our class

Welcome, we're glad you're here Hello, hello, hello Wave to your friends

Hello to you and me Point to your partner or specific friend in the circle

Hello, hello Wave to your friends

**Join in our family** Make the sign language sign for family. Touch your pointer finger to your thumb on both hands. Begin by having fingertips touching in front of the chest, palms facing each other. Move the hands in a circular motion forward until the little fingers meet.

Here's a smile for you Smile to your friends

A smile for you and me Point to your partner or specific friend

Here's a smile for you Smile to your friends

A smile for you and me Point to your partner or specific friend

Here's a smile for you Smile to your friends

Join in our family Make "family" in sign language

## Repeat Chorus

Welcome! Raise your hands and cheer with the last Welcome

## **Extensions**

Discuss with the children ways we can help each other feel welcome in the class. Talk about the importance of greeting one another in the morning and the various ways that can be done.







## **That Was Helpful**

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Chorus**

That was helpful
You helped somebody today
That was helpful
You helped to make a better way

You picked up the toys,
so no one would fall
That was helpful
You used your big voice,
so your friends could learn
That was helpful
You held the door open,
so we could walk in
That was helpful
You shared a marker,
so your friend could draw
That was helpful

You wiped up the spill,
so the table was clean
That was helpful
You moved to the side,
so your friends had more space
That was helpful
You worked quietly,
so others could hear
That was helpful
You said "thank you,"
so your friends knew you cared
That was helpful

## **Repeat Chorus**

You helped to make a better way (2x) You did it!

### **Repeat Chorus**













## **That Was Helpful**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

**That was helpful** Pat your legs twice on the beats for the word "that" and clap your hands together twice on the word "was" and then clap your hands together with a friend two times on the word "helpful"

You helped somebody today Take both hands and point to the ground moving your hands up and down

That was helpful Do the clapping pattern

**You helped to make a better way** Extend both hands with palms up in front of you side by side out from your body and open them as if to give a gift

#### Chorus

#### Verse 1:

Act out each verse and do the clapping pattern for - that was helpful

You picked up the toys, so no one would fall - that was helpful You used your big voice so your friends could learn - that was helpful You held the door open so we could walk in - that was helpful You shared a marker so your friend could draw - that was helpful

## Verse 2:

Act out each verse and do the clapping pattern for - that was helpful

You wiped the spill so the table was clean - that was helpful You moved to the side so your friends had more space - that was helpful You worked quietly so others could hear - that was helpful You said "thank you" so your friends knew you cared - that was helpful

Repeat Chorus



## **Extensions**

Have the children list and role-play many ways they can be helpful in the classroom. Make a "Ways to be helpful" book or bulletin board in the classroom. Take pictures of children being helpful and make a picture book. Use the pictures to make up different verses for the song.







## I Wish You Well

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

My heart to your heart
I wish you well
My elbow to your elbow
I wish you well
My back to your back
I wish you well
My eyes to your eyes
I wish you well

#### **Chorus**

How can we help everyone we know How can we help each other grow Sometimes it's hard, to know what to do Wishing them well connects me and you Wishing them well connects me and you

My heart to your heart
I wish you well
My elbow to your elbow
I wish you well

My back to your back I wish you well My eyes to your eyes I wish you well

## **Repeat Chorus**

You make a difference
Let's move and wish your neighbor well
My knee to your knee
I wish you well
My shoulder to your shoulder
I wish you well
My hip to your hip
I wish you well
My hand to your hand
I wish you well
I wish you well
I wish you well













## I Wish You Well

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

My heart to your heart Cross your arms and pat your chest as you sing, my heart to your heart

I wish you well Using both hands open and moving them toward the other person in a patty cake fashion without touching. This we will call non-touching patty cake

My elbow to your elbow Touch elbows together

I wish you well Do a non-touching patty cake

My back to your back Turn around and put backs to backs

I wish you well Then spin back around and do a non-touching patty cake

My eyes to your eyes With both pointer fingers tap under your own eyes then point to the eyes of your partner with the same fingers

I wish you well Finish with a non-touching patty cake

**How can we help everyone we know** Open both arms in front of you, palms up to include everyone

**How can we help each other grow** Move both arms up over your head like a seed growing **Sometimes it's hard to know what to do** Shrug your shoulders, with hands up as if to say "I don't know."

Wishing them well connects me and you Point to your partner and your partner points to you

Chorus Repeat as before







## **My School Family**

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Chorus**

This is my school family This is my school family This is my school family

Now wave to a friend Wave to a friend (boom, boom, boom)

#### **Repeat Chorus**

Shake hands with a friend
Shake hands with a friend
(boom, boom, boom)
Wave to a friend
Wave to a friend
(boom, boom, boom)

#### **Repeat Chorus**

Pinky hug with a friend Pinky hug with a friend Shake hands with a friend Shake hands with a friend

(boom, boom, boom)
Wave to a friend
Wave to a friend

(boom, boom, boom)

### **Repeat Chorus**

High five with a friend High five with a friend (boom, boom, boom) Pinky hug with a friend Pinky hug with a friend (boom, boom, boom)

Shake hands with a friend Shake hands with a friend

(boom, boom, boom)

Wave to a friend

Wave to a friend

(boom, boom, boom)

This is my school family!









## **My School Family**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

The motions for this song are given in the verses.

However, you may want to explore the following different ways to conduct the song. You could have children gather and after each boom, boom, boom find another partner to interact with or have fun and shake hips on booms! Or, you could have the children create an inside, outside circle. The boom, boom, boom signals for the children it is time to move to the right and interact with a new partner.

Older children will enjoy remembering who their wave partner was, their high five partner, etc., and returning to the same partner each time a verse is adding on in the song.







## **Caring Friends**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### 1st Verse

Twinkle Twinkle Little Star Shine your light near and far Inside me to guide to the way Keeping us safe each day Shake a hand and you will see Caring friends that we can be

Twinkle Twinkle Little Star
Shine your light near and far
With kind words and helpful deeds
I respect you and you respect me
Hold a hand and you will see
Caring friends that we can be

## **Repeat 1st Verse**

### **Ending**

Shine your light and you will see Caring friends that we can be







## **Caring Friends**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

**Twinkle Twinkle Little Star** Hold both arms over your head touching thumbs to thumbs wiggling the rest of the fingers as if shining stars

**Shine your light near and far** Touch pointer fingers together and bring the diamond created by your thumbs and fingers touching closer to your heart and then extend it outward Inside me to guide the way: make a fist with both hands leaving your thumb sticking out. Point one thumb to your chest then the next thumb keeping beat with the song

Keeping us safe each day Wrap your arms around yourself and rock gently side to side

Shake a hand and you will see Shake a friends hands right hand to right hand

Caring friends that we can be Add a left hand shake to the right hand shake so both hands are crossed and shaking your partners hands

Twinkle Twinkle Little Star Repeat as above

Shine your light near and far Repeat as above

With kind words and helpful deeds Instead of using your hitch hiking thumb to touch your chest, use the thumbs up movement instead. Alternate hands going up and down with the beat of the music

I respect you and you respect me Point to your friend with both fingers and say, "I respect you," and then point to yourself with both hands and say, "you respect me."

**Hold a hand and you will see** Hold your friends hand in pairs or unite the entire circle **Caring friends that we can be** Raise your hands up over your head

Twinkle Twinkle Little Star Repeat as done before







## **Friendship Chant**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

Look around, what do you see? (Echo)
I see the best in you and me (Echo)
I will do my job at school (Echo)
Helping others sure is cool (Echo)

#### **Chorus**

Friendship 1, 2
Friendship 3, 4
Friendship 1, 2 - 3, 4

I will listen to your words (Echo)
It's important to be heard (Echo)
I'll say stop to hurtful ways (Echo)
That way we'll have helpful days (Echo)

#### **Repeat Chorus**

These are things I choose to do (Echo)

Do my best and follow through (Echo)

So, look around, what do you see? (Echo)

I see the best in you and me (Echo)

## **Repeat Chorus**







## **Friendship Chant**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

This is an echo song.

One person says the first line and the remaining children echo back what has been said. You can vary your approach with who is the leader. For the chant friendships 1, 2 etc do the following: Divide the class into thirds. One group will stand and say 1, 2; another group will stand and say 3, 4; and the last group will stand and say 1, 2 – 3, 4. After they shout their lines in a military manner they are to sit down until the next verse.

## **Extensions**

Discuss what it means to be a friend. Have the children role play how a friend would act in various situations. Discuss what it means to make a commitment. Have children commit to keep the classroom safe, or say excuse me when they bump into someone. Use these commitments to add additional verses to the song.







## S.T.A.R. Song

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Verse**

When you're feeling really angry
No matter where you are
There's a way to feel better
There's a way to be a star
With this one thing to remember
You'll stop anger in its tracks

### **Chorus**

Just stop, take a deep breath and relax Just stop, take a deep breath and relax Just stop, take a deep breath and relax

**Repeat 1st Verse** 

**Repeat Chorus** 







## Let's Celebrate

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Chorus**

Let's celebrate, everyone give a cheer, yeah! Let's celebrate, we're all glad you're here, that's right! Let's celebrate, feel it in your heart, thump, thump Move, children move, ready, ready, ready let's start

You're the one - that we cheer
Way to go - yes, we care
We want to celebrate
And to you congratulate

Encouragement – we give to you
There's so much that you can do
Tell us all here today
What you've done – we'll celebrate

Repeat Chorus, 2nd Verse, and Chorus again







## **All Together**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

All together we can live in peace
Sisters, brothers in the sun
Working, playing every day with love
All together we are one

**Repeat Two Times** 

All together we are one!







## **All Together**

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

Teach your children how to sing the song in sign language.

The sign for words are described below:

**All** Place both hands in front of your chest, palms facing in, fingers extended with one hand located above the other. Roll the hands around each other

**Together** Make big forward circles with both hands in a fist touching each other. Move hands together in a circle like stirring a pot of soup

**We** Move in a semicircle the right hand index finger from the right shoulder to the left shoulder

**Live** Thumbs extended upward with both hands and index fingers pointed facing each other shaped like an L. Move hand upward from stomach to chest

**Peace** Hold up two fingers in the traditional peace sign

**Sisters** Hold your left hand in front of you with the pointer finger extended pointing away from you. Take the right hand and rub your thumb across your right jaw bone and then place that hand next to the other one in the same position so that two pointer fingers are side by side

**Brothers** Hold your left hand the same as with sisters. Place thumb of your right hand on your forehead with fingers extended, as if to touch the rim of a baseball cap. Bring the right hand to the left hand as with sisters

**Sun** With right hand over head, fingers and thumb gathered together, open your fingers as you bring the hand close to your head as if the rays of the sun are coming down on you **Working** With hands in a fist, tap heal of the right hand with a repeated movement on the

**Working** With hands in a fist, tap heal of the right hand with a repeated movement on wrist of the left hand in front of the body, both palms facing down.

**Playing** Place hands with pinky finger and thumbs extended and the other three fingers towards your palm and rotate your wrist



**Everyday** With the palm side of your right fisted hand on your cheek, twist the hand forward with a repeated movement

Love With both hands in a fist, gently cross both hands over your heart

One Hold up one finger in front of you







## You Did It!

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### Chorus

You did it - You chose to cooperate
You did it - you helped to make a better way
You did it - You chose to cooperate
You did it - You helped to make a better way

### **Bridge**

When I told you what to do
You chose to do it and follow through

You did it
You picked up your toys
and put them on the shelf
Just like this. You did it.
Just like this
You did it
You lined up quietly
with your hands by your side
Just like this. You did it. Just like this

### **Repeat Chorus**

## **Repeat Bridge**

You did it.
You got out your journal and began to write
Just like this. You did it. Just like this
You did it
You raised your hand high
and waited your turn
Just like this. You did it. Just like this

## **Repeat Chorus**







## **Shubert Shuffle**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Chorus**

The Shubert Shuffle goes this way
Everyone shout, "Hooray, hooray."
Shuffle to the left, shuffle to the right
Shake it loose, shake it tight
The Shubert shuffle is here to stay
Everyone shout, "Hooray, hooray."

Shubert's big voice says Words have power Shubert's helpful day Says be kind every hour

## **Repeat Chorus**

Shubert helps friends
Be safe and connect
Shubert sees the best
It's the dance of respect

### Repeat Chorus and do the dance again!







## **Shubert Shuffle**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

The Shubert shuffle goes this way Point both arms and fingers to the left – this will indicate the first direction of the shuffle for younger children who do not know left from right Everyone shouts, "Hooray, hooray." Place both hands up by the corner of the mouth and push them out as to shout

**Shuffle to the left. Shuffle to the right** Shuffle by sliding your feet to the left and then reverse back to the right

**Shake it loose, shake it tight** Hold your arms out to the side with feet still. Shake your whole body like a shimmy. Then bring your arms in close to your body and bend your knees and shake again. Then bring your arms in close to your body and bend your knees and shake again

**The Shubert Shuffle is here to stay** Point your fingers down to the ground and bring one hand up and the other down

Everyone shouts "Hooray, hooray." Repeat as before Shubert's big voice says Sing this verse:

Be safe and connect
Shubert sees the best

It's the dance of respect







## **People to People**

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

#### **Chorus**

People to people
That's what it's all about
People to people
Make the world go round

### **Repeat Chorus**

1 hand, 2 hands, 3 hands and more
Building with hands together
That's what friends are for
Building with hands together
That's what friends are for
1 arm, 2 arms, 3 arms and more
Hold on to one another
That's what friends are for
Hold on to one another
That's what friends are for

1 shoulder, 2 shoulders, 3 shoulders and more
Pat, pat someone's shoulder
That's what friends are for
Pat, pat someone's shoulder
That's what friends are for
1 hip, 2 hips, 3 hips and more
Dance and have fun together
That's what friends are for
Dance and have fun together
That's what friends are for

**Repeat Chorus 2x** 

### **Repeat Chorus**









## Te Deseo Lo Mejor

(I Wish You Well)

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

De mi Corazon a tu Corazon
te deseo lo major
Di me codo a tu codo
te deseo lo major
De me espalda a tu espalda
te deseo lo major
Di mis ojos a tus ojos
te deseo lo major

Como ayudar a todos los demas Como ayudar a juntos crecer A veces a no es facil saber lo que hacer Deseando bien nos conectamos tu y yo Desando bien nos conectamos tu y yo

De mi Corazon a tu Corazon
te deseo lo major
De mi codo a tu codo
te des eo lo mejor
De mi espalda a tu espalda
De mis ojos a tus ojos
te deseo lo mejor

Como ayudar a todos los demas Como ayudar a juntos crecr A veces no es facil saber lo que hacer Deseando bien nos conectamos tu y yo Deseando bien nos conectamos tu y yo

> Tu haces la diferencia Ponte en movimento y deseale a tu vecino lo mejor

De mi rodilla a tu rodilla
te deseo lo mejor
De mi hombre a tu hombre
te deseo lo mejor
De me cadera a tu cadera
te deseo lo mejor
De me mano a tu mano
te deseo lo mejor
te deseo lo mejor
te deseo lo mejor



## **Todos Juntos**

(All Together)

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

Juntos podemos vivir en paz Hermanas y hermanos bajo el sol Convivendo diario con amor Juntos somos una voz

Juntos podemos vivir en paz Hermanas y hermanos bajo el sol Convivendo diario con amor Juntos somos una voz





## **De Gente A Gente**

(People to People)

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

De gente a gente es como debe ser De gente a gente el mundo ha de grar De gente a gente es como debe ser

Una mano, dos manos, tres manos y mas Construyendo con nuestras manos Para eso es la Amistad

Una mano, dos manos, tres manos y mas Ayudanos unos a otros Para eso es la Amistad

De gente a gente es como debe ser De gente a gente el mundo ha de girar Un hombre, dos hombors, tres hombres y mas Toca, toca el hombre de alguien para eso es la Amistad

Una cadera, dos caderas, tres caderas y mas bailando y jugando juntos para eso es la Amistad

De gente a gente es como debe ser De gente a gente el mundo ha de girar De gente a gente es como debe ser De gente a gente el mundo ha de girar







## **Look At Me**

## IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

When you look at me
I hope that you will see
The helpful things I can do
Sometimes are hard to see
So, when you look at me
I hope that you will see
Not just the things I do wrong
But see the best in me

#### Chorus

Iam - Iam

I try - I try

I smile - I smile

I cry - I cry

I do the best I can every day

I dream - I dream

I hug - I hug

I play - I play

I love - I love

I like to be with friends

Just like you









#### 2nd Verse

So when you look at me I hope that you will see Not just the things I do wrong But see the best in me

## **Repeat chorus and 2nd Verse**

When you look at me

