Songs
Lyrics

Caring Friends
IT STARTS IN THE HEART
Lyrics: Dr. Becky Bailey & Jack Hartmann
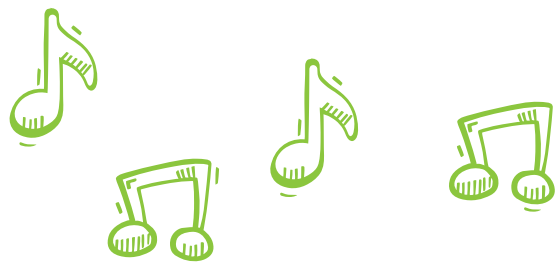
1st Verse
Twinkle Twinkle Little Star
Shine your light near and far
Inside me to guide to the way
Keeping us safe each day
Shake a hand and you will see
Caring friends that we can be

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

Conscious Discipline®

Caring Friends

IT STARTS IN THE HEART

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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