

Songs

Lyrics



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

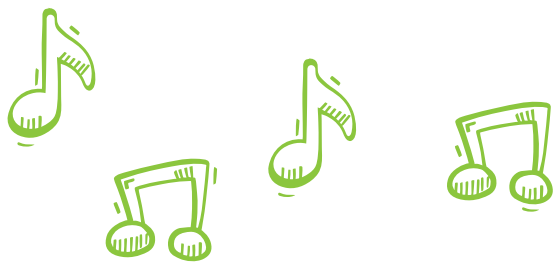
You picked up the toys,
so no one would fall
That was helpful
You used your big voice,
so your friends could learn
That was helpful
You held the door open,
so we could walk in
That was helpful
You shared a marker,
so your friend could draw
That was helpful

Repeat Chorus

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!



Conscious Discipline®

Songs

Movements



That Was Helpful

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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



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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.

