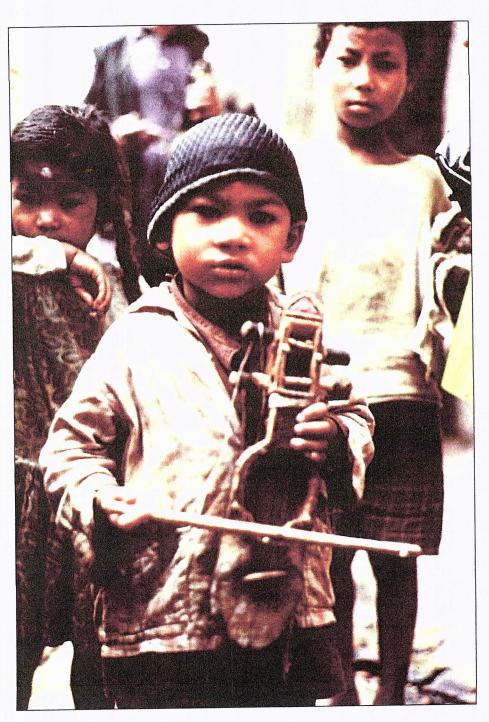
Children Singing the New Millennium



Songs
of the
Fifth City
Preschool

Edited by Karen Bueno



Cover picture: On the Global Odyssey in 1970 we met a child with a handmade instrument. He sang a song for us in his language and we sang "Chicago Is A Wonderful Place" for him. I made an attempt to notate the tune that the child sang and I wrote these words to that tune. My memory of the tune is as follows:



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Children Singing the New Millenium

The Songs of the 5th City Preschool

The songs in this book were written by the teachers of the 5th City Preschool*, an early childhood education program that was piloted on Chicago's Westside in the mid-60s. The teachers who planned the curriculum set out to write songs that would face their students toward the future, help them establish mindsets of possibility and affirmation, and lead them toward responsible decision-making.

As a member of that teaching team, I participated in this group writing process. My colleagues and I hoped to replace the meaningless and sometimes harmful images of "a moo-moo here and a moo-moo there," "when the bough breaks" the babe in the cradle falls, and the unknowable nature of stars of "how I wonder what you are." Contemporary and helpful images were the goal.

The songs were used extensively during the next two decades, while the 5th City Chicago Preschool was at its peak, with an enrollment of 250 students from six weeks of age through kindergarten. The educational theory used at the preschool was eventually formulated into a course for teachers called Imaginal Education.

Most of us grew up with a number of children's songs that were culturally-embedded with rural or silly images. Little girls have lambs with fleece as white as snow. This little piggie goes "wee, wee, wee." Cars always go "Aah-ooo-gah!" Many were merely intended to teach rhyme and English language patterns, with little regard for what educators now understand as cognitive principles.

As a retired teacher and educator of over 30 years, and now a grandmother, I am hoping for something more for our children. I recall that we on the preschool staff had posed this question: "What would it mean to the mental and moral development of our young people if their songs held images that led to creating responsible citizens for the 21st century?"

As an elementary teacher in the Denver Public Schools, I continued to use these songs in my own 2nd and 5th grade classrooms. They were a valuable tool for image change, and they helped with the lessons and struggles of childhood. The tunes were preserved only in my mind, made somewhat permanent by the repetition of my guitar accompaniment. Now, in retirement, I have pursued this project of gathering and publishing these songs so that they might reach a broader audience of children.

I hope you will sing these songs with your children, take a copy of them to their preschool teachers and elementary schools, and help in the dissemination of these new images. For that reason I have given general permission to all who will use them to copy them as they wish. Except for a very few tunes, whose copyright holders are credited in this book, the music is in the public domain. The names of the authors of the words are lost in the past. When the songs were written we operated out of the understanding that if you didn't care who got the credit, you could change any situation. Any profits beyond the costs of publishing this book will go back to 5th City and the extended work of the Institute of Cultural Affairs.

Karen Bueno



* This preschool was a part of a larger community reformulation project sponsored by the Ecumenical Institute. Located on the west side of Chicago, it was created to demonstrate hope through cooperative human action that dealt with all the problems of the community. The social movement that inspired the project started with a few families in the early 60s and now exists in 35 countries around the globe as the organization known as the Institute of Cultural Affairs.

Acknowledgments

My special thanks are extended to Oliveann and Jim Slotta and Burna and David Dunn, who encouraged me to publish these songs so that others could join in the singing. David's tireless efforts to turn my ideas and historical documents into publication format made the entire project possible.

I also want to give special thanks to Ron Jolly of the Fred N. Thomas Career Education Center in the Denver Public Schools, who showed me how to use computer technology to transfer my limited knowledge of musical notation into a form usable by others.

Special thanks to my family, also. To Sarah Thompson for help in proofreading, editing, and enthusiasm. To Denny and Jody Wright for permission to use Arie's picture in the final edition. To my husband, JR, for his patience when I spent too much time on the project, and to my grandson, Chris, for his pictures. Thanks to the Slotta, Jesse, Roth, and Sides families for permission to use pictures of their children.

And the greatest thanks go to the teachers of the Fifth City Preschool, who wrote these songs and sang them and taught them to the children. I have forgotten many of the names of those with whom I worked, and many others have since been a part of that preschool staff. Together we sought, and are seeking, to change the images of the children of Chicago and the world.

Some of the pictures in this book were taken on the Global Odyssey, a research and study trip around the world which I took with the Ecumenical Institute in 1970. My thanks to the photographers for the use of these slides.

Chicago Is A Wonderful Place

(Tune: Washington Square)

Chicago is a wonderful place
The West Side's where we live
Chicago is a wonderful place
The West Side's where we live.

So sing, all you people! Life is made to live! So sing, all you people! Life is made to love.

[Repeat first four lines]

Must be adapted, of course, to where child lives, as, "Denver is a wonderful place, Swansea's where we live"...etc.



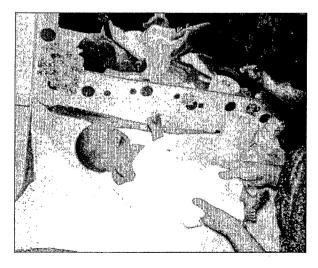
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Crying Baby

(Tune: Drunken Sailor)

What shall we do with a crying baby?
What shall we do with a crying baby?
What shall we do with a crying baby?
Early in the morning?

You can substitute words at the underlined point. This song is found to be most effective when sung by the teacher to ease his/her own emotional state! Verses could include "What shall we do when Sarah's cranky?" or "What shall we do with this messy diaper?" The word "early" is pronounced "er-lie", as it is in the original song about the drunken sailor.



Crying Baby

Traditional: The Drunken Sailor







Note: To make this singable for most voices, transcribe to Am, beginning note is E. Chord rotation: Am//G//Am//Em/Am.

Doors That Shut

(Tune: Heigh, Ho! Nobody Home)

I'm always running
Into doors that shut.

[hands make "doors" shut in front of face]

But I can live
No matter what!
["doors" open gradually]

I'm alive
And here I am!
[arms make large V]

I decide

As the only one who can.

[thumbs point to own chest]

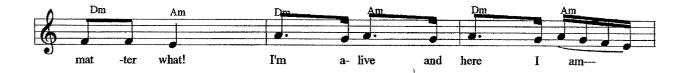


Gazing Children. Taken from the bus window near Katmandu, Nepal. The person stooped over in the background is going through the leftovers from our box lunches.

Doors That Shut

Traditional: Heigh, Ho! Nobody Home







Happy Birthday

(Tune: Variation of Jamaica Farewell)

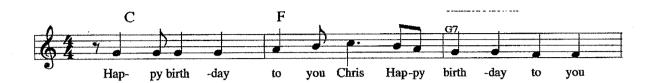
Happy Birthday to you _____ [x8] [name]

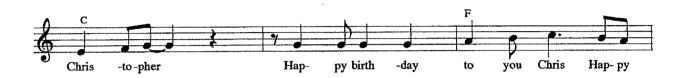
It is said that the traditional "Happy Birthday" song is the one song that is sung the most in the entire world! This "upbeat" version probably won't replace it, but we can give it a try!



Happy Birthday

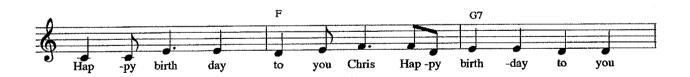
Variation of Jamaican folktune, Jamaica Farewell)













Alternate key: G. Chord rotation: G/C/D7/G/C/D7/G/C/D7/G/C/D7/G.

How Many?

(Tune: Blowin' in the Wind)

How many noses do I have on my face?
[point to nose]
How many ears on my head?
[point to ears]
How many fingers do I have on my hand?
[wave fingers]
How many pillows on my bed?
[head on hand as "pillow"]

Chorus:

I have a lot of questions.

A lot that I don't know.

A lot of answers to find,

I know that some are easy.

I know that some are hard.

I know there are some I'll never find.

How many hairs do I have on my head?
[point to hair]
How big will I grow?
[hand up high over head]
How many years will I live in my life?
[hands open and close]
How many people will I know?
[point to others in group]

[Repeat chorus]



How Many?

Blowin' in the Wind



I Am Always Falling Down

(Tune: Old McDonald Had a Farm)

I am always falling down,

[fall down]

But I know what I can do.

I can pick myself up

[stand up]

And say to myself,

"I'm the greatest, too!"

[thumbs point to self]

It doesn't matter
If I'm big or small,
[hand up, then down]
I live now
If I live at all.
[strut, thumbs in armpits]

I am always falling down,
[fall]
But I know what I can do!
[stand]



Children begging. Taken outside the gateway to Mother Theresa's Home for the Dying Destitutes in Calcutta, 1970.

I Am Always Falling Down

Traditional: Old McDonald Had a Farm











Alternate key: C. Chord rotation: C/F/C/G7/C/F/C/G7/C/F/C/G7/C

Journey On

(Tune: Australian Folk Song From Echo Island)

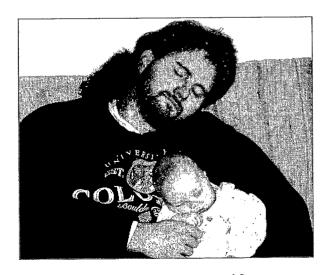
Journey on, journey on, all humankind, Future is waiting for you. Struggling, stumbling, all the life through, Future is waiting for you.

[Hum the tune]

Opportunities, opportunities, all in your hand, Our minds are limited to foretell. All of your own, and nature of unseen, Future is waiting for you.

[Hum the tune]

Journey on, journey on, all humankind, Future is waiting for you.



Journey On

Australian Folk Song From Elcho Island











What Shall We Do?

(Tune: Three Blind Mice)

We live in the universe, [arms spread wide] We live in the universe,

On the planet earth,
[hands together as if holding a ball]
On the planet earth.

We look for life in the sky so blue,
[hand shading eyes, looking up]
And down in the ocean for something new.
[hand shading eyes, looking down]

Look at the world we have on our hands.
[hands as if underneath a globe]
What shall we do?
[hands out, to the side, with a shrug]
What shall we do?



Ethiopian Classroom. In a farming community outside Addis Ababa, Ethiopia, 1970.

What Shall We Do?

Traditional: Three Blind Mice



Alternate key: G. Capo two or three frets. Use chords G and D7 throughout.

Where Do We Live?

(Tune: This Land is Your Land)

We live in the Universe
And on the planet Earth
In North America
In the United States
In Colorado
We live in Denver
And here at Marrama
You'll find all of us.

This song must be adapted, of course, to where this class is located.



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Food Ritual

[spoken, not sung]

[Spoken by leader: Put your hands in your lap]

Leader: Food is good, right?

Group: Right!

Leader: Life is good, right?

Group: Right!

Leader: All is good, right?

Group: Right!

Leader: What do you say?

Group: It's OK!

Leader: What do you say?

Group: It's OK!

Leader: What do you say?

Group: ITS OK!!

[Leader: "Put your napkin in your lap. You may eat and drink."]

The members of the preschool staff were primarily of Christian heritage, and were familiar with "grace" spoken before a meal. However, this was a publicly supported school, and looking toward the future meant that people of many diverse heritages would be involved, so the intent of the staff was to reclaim "grace" as a secular ritual.



If You're Great

(Tune: If you're happy)

If you're great and you know it clap your hands
If you're great and you know, clap your hands
If you're great and you know it,
Then your life will surely show it
If you're great and you know it clap your hands.

- 2) If you're great and you know it stomp your feet [x2] ...
- 3) If you're great and you know it shout "hurray!" [x2] ...
- 4) If you're great and you know it do all three [x2] ...

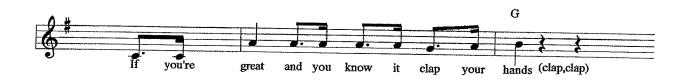
If noise is not appropriate, change verses #2 and #3 to "...pat you head" and "...pull your nose." The original song says "If you're happy...." The words were changed to "If you're great....", because, on reflection, one does not necessarily have to be happy to feel "great" about oneself. A person with a high self-esteem is not necessarily happy all the time!



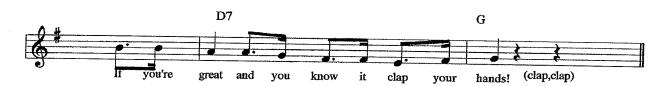
If You're Great

Traditional: If you're happy









Alternate key: C. Chord rotation: C/G7/C/F/G7/C. Beginning note is G below middle C.

I Love The City

(Tune: I Love the Flowers)

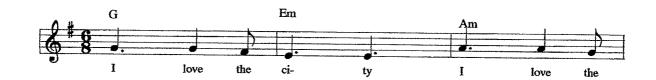
I love the city,
I love the planet Earth.
I love this day and time,
I love the universe.
I'm always ready
To see this world of ours.
I tell you what,
I like it here,
I tell you what,
I like it here. — Yeah!



Train Station. Tokyo, 1970.

I Love The City

I Love the Flowers

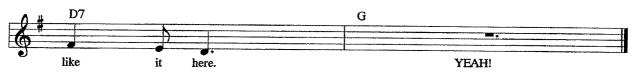












Alternate key: C. Chord rotation: C/Am/Dm/G7. Repeat chord pattern throughout. Beginning note is C.

I'm The Greatest

(Tune: This Old Man)

I'm the only one like me I'm the greatest, Can't you see.

I want to be The great one I am.

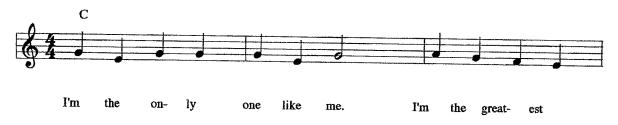
I'm the only one who can!



Restaurant. Tokyo, 1970.

I'm The Greatest

Variation of traditional English childrens' song: This Old Man







It's In Every One Of Us

It's in every one of us
To be wise.
Find your heart,
Open up both your eyes.

We can all know everything Without ever knowing why

It's in every one of us: You and I.

It's in every one of us: You and I.



Ethiopian Classroom. Village near Addis Ababa, 1970.

It's In Every One Of Us



Life Is Good

(Tune: Walk Right In, Step Right Down)

Life is good
And we can shout
With the sun and the moon and stars!

Life is good
And we can shout
With the sun and the moon and stars!

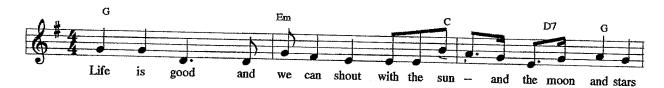
Everybody's talkin'
'Bout the universe;
Let's all dance to life.

Life is good
And we can shout
With the sun and the moon and stars,
Yeah, man!
With the sun and the moon and stars.
Yeah!



Life Is Good

Walk Right In, Step Right Down Universal Music Pub. Group













Alternate Kev: C. Chord rotation: C/Am/F/G7/C/Am/F/G7/C/Am/F/G7/C/Am/F/G7/C. Beginning note is C.

Free To Decide

(Tune: Heigh, Ho! Nobody Home)

Free, free, free to decide What this world is going to be; This imperative is ours To be free, free ... [repeat]

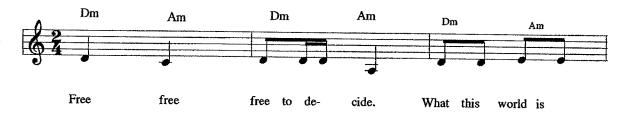
As the Fifth City project began, research into the problems of the community revealed that residents too often saw themselves as victims: victims of the actions of the city government, victims of the school systems, victims of crime, victims of poverty. Their self-image needed to be changed from one of powerlessness to one of power and greatness—to an image that could release them from victimhood and transform those unhelpful situations to positive actions. Researchers intended these new images to begin with the children; therefore the first project in Fifth City was the preschool. Housing needs, environmental care, job training, business associations, and adult human development training followed as arenas of the Fifth City project.

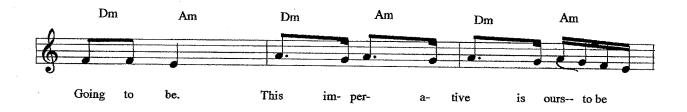


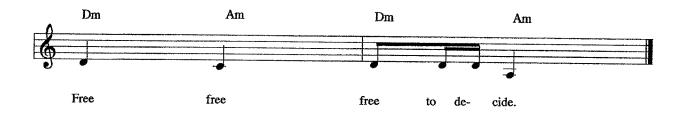
Preschool. Our sister preschool in Hong Kong, 1970.

Free To Decide

Traditional: Heigh, Ho! Nobody Home)







I'm So Glad

(Tune: Spiritual "I'm So Glad")

I'm so glad _____ came to school
I'm so glad ____ came to school
I'm so glad ____ came to school
Singin' glory, hallelujah ____ came to school.

Go around the group with each child's name inserted at the underlined place, four to a verse until everyone is recognized. The song can end with "we all came to school". Don't forget the teachers!

Use this also for child's triumphs, as "I'm so glad that Arie ate her lunch" or "I'm so glad Nickolas used the potty."

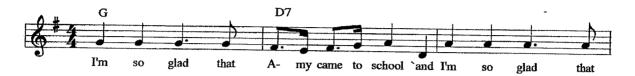
"I'm So Glad" was also used to affirm the philosophy of the Fifth City Preschool, the Ecumenical Institute, and the Institute of Cultural Affairs with these verses:

- 1)I'm so glad my life's in history...
- 2) I'm so glad that all of life is good...
- 3) I'm so glad that all the past's approved...
- 4) I'm so glad my life is received...
- 5) I'm so glad the future's open now.



I'm So Glad

African-American Spiritual: "I'm So Glad"







Alternate kev: C. Chord rotation: C/G7/C/F/C/G7/C. Beginning note is C.

Opening Ritual

[to be chanted]

This is the day we have! This is the day we have!

We can live this day Or throw it away!

This is the day we have!

So, pick up this day and live!
[arms spread above your head, in "victory" sign]

Used in every class at the opening of the preschool day, this chant is based on a faith-filled understanding of the way life is, and the psalm which says "This is the day which the Lord hath made, let us rejoice and be glad in it."

Run Into The Future

Run into the future, run, Run into the rising sun. Run into the future, run, Those who run create the world.



Fifth City Preschool. Karen Bueno and Ruth Carter, 1983.

Run Into The Future









Are You Ready?

(Tune: Spiritual "Are You Ready?")

Are you ready my brother? Oh, yes!

Are you ready for the journey? Oh, yes!

Let's march into the future! Oh, yes!

We're marching all together And we're ready to go.

Additional verses may change as it is appropriate, for example, subsitute "sister", or "children", or the child's name for the underlined word. This is a good song to sing at diaper change, especially to send the child out from the diaper table.



Are You Ready?

African-American Spiritual:
Are You Ready?









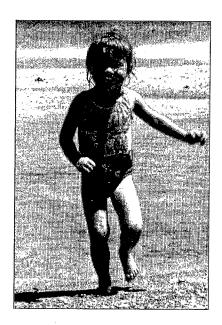
Alternate key: C. Chord rotation: C/F/C/G7/C/F/C/G7/C. Beginning note is G below middle C.

Four by Four

(Tune: Frere Jacques) May be sung as a round.

1-2-3-4, 1-2-3-4,
Four by Four, Four by Four
We can order chaos,
We can order chaos,
Four by Four, Four by Four.

The primary task of the staff of the Ecumenical Institute was to teach RS-1, a course of religious studies. The lectures for that course were organized on a chart with four main topics, each of which had four subtopics, thus a "four-by-four." This method of organizing any type of data came to be used for the community renewal work of the Institute as well.



Four by Four

Traditional: Frere Jacques







Alternate key: Chord is C all the way through. First note is C.

Voom, Voom, Astronaut

(Tune: Twinkle, Twinkle, Little Star)

[spoken]

Get your rockets ready!

[make "rocket" with hand pointing up at a slant]

10-9-8-7-6-5-4-3-2-1

Blast off!

[sung]

Voom, voom, astronaut!

[rocket "flies"by bouncing hand forward]

Are you having fun?

With the moon

[make sphere with fingers]

And the stars

[wiggle fingers upward]

And the very large sun?

[outline a large half circle with hands]

Do you like it, being all alone?
[hug self at shoulders]
Or would you rather be back home?
[hitch-hiker thumbs point over each shoulder]

Voom, voom, astronaut!
[repeat motions]
Are you having fun?
With the moon
And the stars
And the very large sun?



Voom, Voom, Astronaut

Twinkle, Twinkle, Little Star



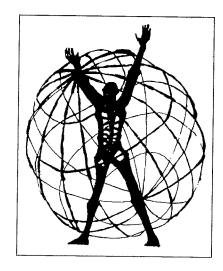
Iron Men Go Marching In

(Tune: When the Saints Go Marching In)

When iron men
Go marching in,
When iron men
Go marching in,
Oh how I want
To be in that number!
When iron men
Go marching in.

When City Five Has come alive...

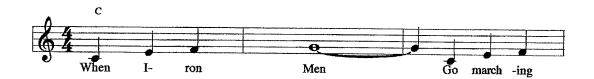
Oh, when the trend Begins to bend...



The words of this song were written in the 60s, before our consciousness became inclusive. We know it is the new millennium now, and the sexist "iron man" just isn't right. The symbol of Fifth City was a larger than life-sized victorious iron sculpture, the "Iron Man," designed to counter the victim image which was rampant in the community. Can we still all be "iron men," both male and female? Or do these words need to be rewritten?

Iron Men Go Marching In

When the Saints Go Marching In

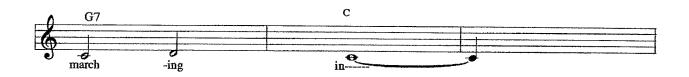












Marching Ahead

(Tune: unknown; calypso beat)

Da da da da, marching ahead into history
Da da da da, standing tall in community
Da da da da, out of the dark
proclaiming the light,
Living the sign for all to see



Construction work, Mexico City. 1970

Marching Ahead

Unknown: calypso beat



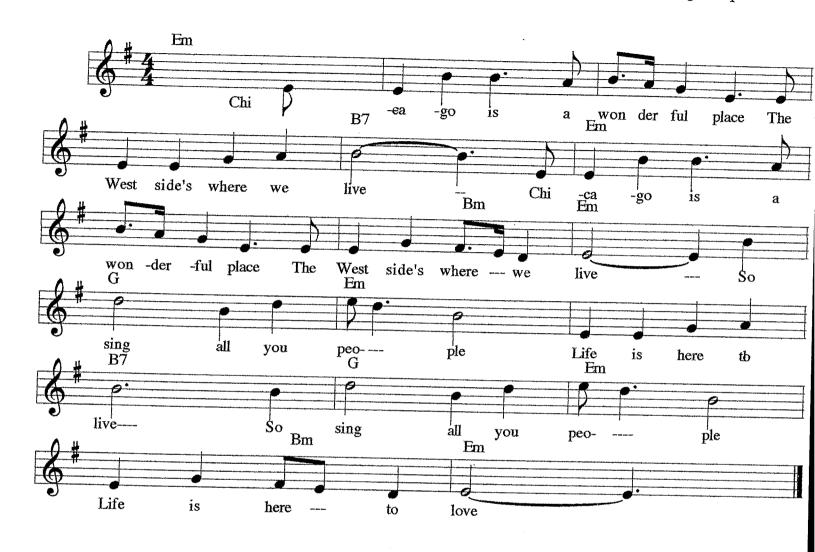




Alternate key: C Chord rotation: C/G7/C/G7/C/F/C/G7/C Beginning note is G below middle C.

Chicago is a Wonderful Place

Tune: Washington Square



To the guitar player. Can be played in Dm with capo to second fret., if played with other instrument. Rotation: Dm, A7, Dm, Am, Dm, F, Dm, A7, F, Dm, A7, F, Dm, Am, Dm. Or in the key of Am (which pitches the song low, but you can capo). That rotation of chords is as fol Am, E7, Am, Em, Am, C, Am, C, Am, E7, C, Am, Em, Am.

Children Singing The New Millennium

Free To Decide

(Tune: Heigh, Ho! Nobody Home)

Free, free, free to decide
What this world is going to be;
This imperative is ours
To be free, free.... [repeat]

Universe Song

(Tune: Three Blind Mice)

We live in the universe,
We live in the universe,
On the planet earth,
On the planet earth.
We look for life in the sky so blue,
And down in the ocean for something
new.

Look at the world we have on our hands.

What shall we do? What shall we do?

I Love The City

(Tune: I Love the Flowers)

I love the city,
I love the planet Earth.

I love this day and time,

I love the universe.

I'm always ready

To see this world of ours.

I tell you what,

I like it here,

I tell you what,

I like it here... Yeah!

How Many?

(Tune: Blowin' in the Wind)

How many noses do I have on my face? [point to nose]

How many ears on my head?

[point to ears]

How many fingers do I have on my hand? [wave fingers]

How many pillows on my bed?

[head on hand as "pillow"]

[Chorus]

I have a lot of questions.

A lot that I don't know.

A lot of answers to find,

I know that some are easy.

I know that some are hard.

I know there are some I'll never find.

How many hairs do I have on my head? [point to hair]

How big will I grow?

[hand up high over head]

How many years will I live in my

life? [hands open and close]

How many people will I know?

[point to others in group]

[Repeat chorus.]

Voom, Voom, Astronaut Happy Birthday (Tune: Twinkle, twinkle, little star) (Tune: Variation of Jamaica Farewell) [spoken] Happy Birthday to you _ Get your rockets ready! [name] [8x] [make rocket with hand pointing up at a slant] 10-9-8-7-6-5-4-3-2-1-Blast off! Doors That Shut (Tune: Heigh, Ho! Nobody Home) [sung] Voom, voom, astronaut! I'm always running Into doors that shut. [rocket "flies" by bouncing hand forward] [hands make "doors" Are you having fun? shut in front of face] With the moon But I can live [make sphere with fingers] No matter what! And the stars ["doors" open gradually] [wiggle fingers upward] I'm alive And here I am! And the very large sun? [outline a large half [arms make large V] I decide circle with hands] As the only one who can. Do you like it, being all alone? [hug self at shoulders] [thumbs point to own chest] Or would you rather be back

[hitch-hiker thumbs point over each shoulder]

point over each st Voom, voom, astronaut!

[repeat motions]
Are you having fun?
With the moon
And the stars
And the very large sun?

home?

If You're Great

(Tune: If you're happy)

If you're great and you know it clap your hands [x2]
If you're great and you know it,
Then your life will surely show it
If you're great and you know it clap your hands.

I Am Always Falling Down

(Tune: Old McDonald Had a Farm)

I am always falling down, [fall down]
But I know what I can do.
I can pick myself up [stand up]

And say to myself,

"I'm the greatest, too!"

[thumbs point to self]

It doesn't matter
If I'm big or small,

[hand up, then down]

I live now

If I live at all.

[strut, thumbs in armpits]

I am always falling down, [fall]
But I know what I can do! [stand]

Iron Men Go Marching In

(Tune: When the Saints Go Marching In)

When iron men
Go marching in,
When iron men
Go marching in,
Oh how I want
To be in that number!
When iron men
Go marching in.

When City Five Has come alive,....

I'm so glad

(Tune: Spiritual "I'm So Glad")

I'm so glad _____ came to school [x3]

Singin' glory, hallelujah ____ came to school.

I'm The Greatest

(Tune: This Old Man)

I'm the only one like me I'm the greatest, Can't you see?

I want to be
The great one I am.
I'm the only one who can!

Chicago is a Wonderful Place

(Tune: Washington Square)

Chicago is a wonderful place
The West Side's where we live
Chicago is a wonderful place
The West Side's where we live.

So sing, all you people! Life is made to live! So sing, all you people! Life is made to love.

[Repeat first four lines]

[Must be adapted, of course, to where child lives, as Denver is a wonderful place, Swansea's where we live...etc.]

Life Is Good

(Tune: Walk Right In, Step Right Down)

Life is good

And we can shout

With the sun and the moon and stars

Life is good

And we can shout

With the sun and the moon and stars

Everybody's talkin'
'Bout the universe;
Let's all dance to life.

Life is good
And we can shout
With the sun and the moon and stars
Yeah, man!
With the sun and the moon and stars
Yeah!

Where Do You Live?

(Tune: This Land is Your Land)

We live in the universe
And on the planet Earth
In North America
In the United States
In Colorado
We live in Denver
And here at Marrama

You'll find all of us.

[Must be adapted, of course, to where this class is located.]

Are you Ready

(Tune: Spiritual "Are You Ready?")

Are you ready my brother?

Oh, yes!

Are you ready for the journey?

Oh, yes!

Let's march into the future!

Oh, yes!

We're marching all together

And we're ready to go.

Marching Ahead

(May be sung as a chorus or medley with "Are You Ready."]

Da da da da,

Marching ahead into history.

Da da da da.

Standing tall in community.

Out of the dark, proclaiming the light.

Living the sign for all to see.

Four by Four

(Tune: Frere Jacques)

1-2-3-4, 1-2-3-4.

Four by Four, Four by Four

We can order chaos,

We can order chaos,

Four by Four, Four by Four.

Run into the future

Run into the future, run, Run into the rising sun. Run into the future, run, Those who run create the world!

[Good during a diaper change, especially as child is sent out clean again.]

What shall we do with...

(Tune: Drunken Sailor)

What shall we do with a crying baby [x3]
Early in the morning?

[Substitute words as needed. Sung by the teacher to ease his/her emotional state! Verses could include "What shall we do when Sarah's cranky?" or "What shall we do with this messy diaper?"]

It's in Every One of Us

It's in every one of us
To be wise.
Find your heart,
Open up both your eyes.
We can all know everything
Without ever knowing why
It's in every one of us:
You and I.
It's in every one of us:
You and I.

Journey On

(Tune: From Echo Island)

Journey on, journey on, all humankind, Future is waiting for you.
Struggling, stumbling, all the life through,
Future is waiting for you.

[Hum the tune.]

Opportunities, opportunities, all in your hand,
Our minds are limited to foretell.
All of your own, and nature of unseen,
Future is waiting for you.

[Hum the tune.]

Journey on, journey on, all humankind, Future is waiting for you.

Where Do We Live?

Adapted from Woodie Guthrie's "This Land Is Your Land"











