

Grades 2 and 3 Song Lyrics

Be a Learner

(All right! Come on, listen now.)

Be respectful (yeah, yeah)
Be skillful (yeah, yeah)
Be a learner (yeah, yeah, yeah,
yeah, yeah)
Be respectful, be skillful, be a learner
(yeah, yeah)

You come to school to learn
Well, there's lots of things to see and do
So make the most of it
The power is inside of you

Chorus:
Focus attention
Listen with your ears, eyes, and brain
Use your self-talk
Be assertive and you will gain

The lesson is starting up
Your eyes and ears are focused in
When someone starts to talk
Show your respect by listening

Chorus

Be respectful (yeah, yeah)
Be skillful (yeah, yeah)
Be a learner (yeah, yeah, yeah,
yeah, yeah)
Be respectful, be skillful, be
a learner
(yeah, yeah)

(Ha, ha! Yeah! I think you've got it!)

Keep saying "Stay on task!"
Ignore distractions, that's the key
And when you need some help
Be sure to ask assertively

Chorus

Be respectful (yeah, yeah)
Be skillful (yeah, yeah)
Be a learner (yeah, yeah, yeah,
yeah, yeah)
Be respectful, be skillful, be a learner
(yeah, yeah)





Grades 2 and 3 Song Lyrics

The Empathy Song

In every situation
Your feelings mean so much to you
But you know that you're not alone
There's other folks with feelings too

So when you get together
Try to understand how they might feel
'Cause they might have their own ideas
With feelings that are just as real

Chorus:
Oh empathy
Means feeling what others feel
(you've felt it too)
Happy, sad, angry, glad
You notice it and you understand

Chorus

That's right

Empathy means trying
To understand how another feels
See the clues on a person's face
Then wonder what's their point of view

The next step is compassion
That's being kind and finding ways
Finding ways to help a friend
That's easy when you understand

Chorus
Chorus
Chorus
Chorus

That's right



Grades 2 and 3 Song Lyrics

Calm It Down

Pop! Your feeling brain takes hold
And you could flip your lid
Stop! You've got to think it through
Just calm it down like this

Chorus:

Stop and name your feeling, calm down
Stop and name your feeling, calm down
Stop and name your feeling, calm down
Stop and name your feeling, calm down

Every day we can have strong feelings
Strong emotions that send us reeling
But there are steps we can take to
calm down

These are the keys to turn things around

Just stop
And name the feeling
Turn on your brain
Start thinking not just feeling

(Calm it down) Do some breathing
(Calm it down) And some counting
(Calm it down) Use self-talk
And keep thinking

Stop! Name what you're feeling now
And take some belly breaths
Say good things to yourself
Count and calm the feeling down

Chorus

Say someone bumps you and you
drop your stuff
You can't think clearly, you're
feeling rough
Just say "Stop." Name what
you're feeling
Take back your power, don't hit the ceiling

Stop! Name what you're feeling now
And take some belly breaths
Say good things to yourself
Count and calm the feeling down

Chorus





Grades 2 and 3 Song Lyrics

Step Up!

Chorus:

Here's what you do when you have
a problem you gotta solve:
Step up!
Here's what you do when you have
a problem you gotta solve:
Step up!

S is when you say it, give the problem
a name
"Here's the problem. No one's to blame"
T is thinking safe, respectful things
you can try
"Maybe this, maybe that, or something
else will fly"
E, exploring how those things you think
might go
Think it through blow by blow
P is picking out the choice that works
the best
Step it up and you will see you won't
be stressed

Chorus

You know those times in life when you
are losing your cool
Say someone wrecks the game that
you are playing at school

You want to scream you want call
them a fool
But calm yourself and solve the
problem using this rule:
Step up!

S is when you say it, give the
problem a name
"We can't agree on the rules of
this game"
T is thinking safe, respectful things
you can try
"We could take turns, or try your
rules some other time"
E, exploring how those things you
think might go
"If we do this or that, it could work,
don't you know?"
P is picking out the choice that works
the best
Step it up and you will see you won't
be stressed
Step up!

Chorus

Step up!

