

♫ **CARING AND CAPABLE KIDS** ♫
51 Songs with Resources for
♣ Social Emotional Learning ♣ Music Therapy
and Developing ♣ Resilience ♣ Empathy and a ♣ Trauma-Informed Lens

Linda K. Williams

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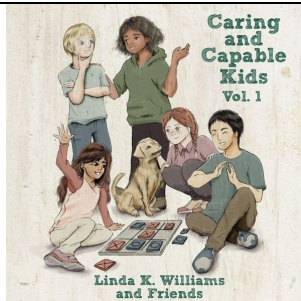
"Think and Share Invitations" for each song are offered as springboards for
♣ Restorative / Community Building Circles ♣ Writing/ Journaling ♣ Pair and Share, etc.

PLEASE ALSO CONSIDER engaging in Visual and Performing Arts inspired by the Lyrics
 ~ draw ~ paint ~ dance ~ mindful movement ~ hand motions ~ write additional lyrics, skits ~ and more

Caring and Capable Kids book

INNERCHOICE Publishing <https://www.innerchoicepublishing.com/book/caring-and-capable-kids/>

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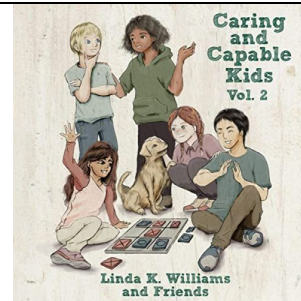
Caring and Capable Kids, V. 1 - Links to the Full Album

YouTube https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

Amazon.com https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2020/12/1-cck-zoom-friendly-songs-and-resources-12-1-20.pdf>



Caring and Capable Kids, V2 - Links to the Full Album

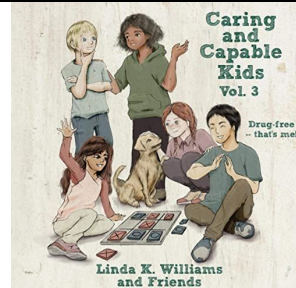
YouTube

https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_Uxr59m1RBnyW8zCDMLZ7E

Amazon.com <https://www.amazon.com/Caring-Capable-Kids-Vol-2/dp/B08H4JH4M7>

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2020/12/2-cck-zoom-friendly-songs-and-resources-12-1-20.pdf>



Caring and Capable Kids, V. 3: Drug-Free -- That's Me!

Links to the Full Album

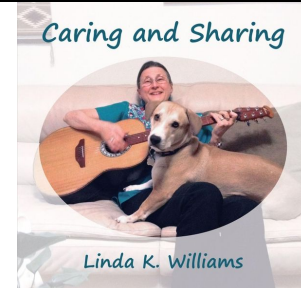
YouTube

https://www.youtube.com/watch?v=KHAFJO2yYr4&list=OLAK5uy_n91E_DqkTNymCR-QO88CJmwlvih2Cu-OP4

Amazon.com https://www.amazon.com/Caring-Capable-Kids-Vol-Drug-Free/dp/B08H4HGKTX/ref=sr_1_3?dchild=1&keywords=linda+k.+williams+s+caring+and+capable+kids+digital+music&qid=1606238683&sr=8-3

Link to Song Recordings, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2020/12/3-cck-zoom-friendly-songs-and-resources-12-1-20-1.pdf>



Caring and Sharing - Links to the Full Album

YouTube

https://www.youtube.com/playlist?list=OLAK5uy_nJfi5rDvfszvD_4qkRSSEnpxhGqcy5NDc

Amazon.com https://www.amazon.com/Caring-Sharing-Linda-K-Williams/dp/B08L7FC3MY/ref=sr_1_1?dchild=1&keywords=Linda+K.+Williams&qid=1606085768&s=dmusic&sr=1-1

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<https://lkwbetterworld.files.wordpress.com/2020/12/csh-zoom-friendly-12-1-20.pdf>

12-1-20 **Soon to be released in 2021! More Bonus Resources, plus release of a Special Single:**
"You are a Marvel" words by Pablo Casals For more information: Linda.BetterWorld@gmail.com

♪ Caring and Capable Kids, Vol. 1 ♪

1. [Handle with Care](#) (4:09)
2. [Another Word for PEOPLE](#) (2:00)
3. [No One is a Nobody](#) (2:42)
4. [Ripples and Starfish](#) (3:52)
5. [Who I Am Makes a Difference](#) (1:46)
6. [If You're Angry & You Know It](#) (2:14)
+ [Bonus Resources](#)
7. [I Can Say "No" When I Want To](#) (2:43)
8. [What Should I Do?](#) (3:03)
9. [The Children of Tomorrow](#) (5:36)
10. [Eyes of Compassion: A Trauma-Informed Lens Song](#) (1:33) + Bonus Resource
11. [Ojos de Compasión: Una Canción de Visión Informada por Trauma](#) (1:36) + Bonus Resource

Songs by Linda K. Williams

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♪ Caring and Capable Kids, Vol. 2 ♪

1. [Connected, Unique, and Powerful](#) (2:22)
2. [I've Got to Love Myself Enough](#) (3:23)
3. [You'll Really Like Me](#) (1:20)
4. [I'll Picture Myself Succeeding](#) (2:39)
5. [It's OK to Feel](#) (2:14) + Bonus Resources
6. [I've Got to Talk to Them](#) (3:01)
7. [I'll Stand Up for Myself](#) (2:06)
8. [I'll Listen](#) (2:56)
9. [It's Us Against the Problem, Not Me Against You](#) (2:46)
10. [Cooperative Learning Song](#) (1:36)
11. [The First One to Know](#) (1:51)
12. [What if That Were Me?](#) (1:48)
13. [Tony and I](#) (3:29)
14. [One Person at a Time](#) (2:56)

Songs by Linda K. Williams and Friends

Link to Song Recordings, Lyrics, [Think and Share Invitations](#), and Bonus Resources -- Zoom-Friendly

<https://lkwbetterworld.files.wordpress.com/2020/12/2-cck-zoom-friendly-songs-and-resources-12-1-20.pdf>

♪ Caring and Capable Kids, Vol. 3 ♪

1. [Drug-Free...That's Me!](#) (3:02)
2. [There are So Many Ways to Say NO](#) (3:02)
3. [To Be the Best Me](#) (3:51)
4. [Low-Down High](#) (2:45)
5. [Real Life Doesn't Have a Rewind Button](#) (3:02)
6. [Burnin' Up](#) (3:05)
7. [Drive Smart, Drive Sober](#) (4:12)
8. [Hot Brands](#) (3:06)
9. [I Deserve Better \(Gonna Get Unstuck\)](#) (5:01)
10. [Lemons into Lemonade](#) (2:54)
+ Bonus Resources
11. [Little Bits of Beauty](#) (5:30)

Songs by Linda K. Williams

Link to Song Recordings, Lyrics, [Think and Share Invitations](#), and Bonus Resources -- Zoom-Friendly

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♪ Caring and Sharing ♪

1. [Little by Little](#) (2:00)
+ [Bonus Resource: Baby-Stepping Activity](#)
2. [Self-Talk](#) (2:33)
3. [A Friend in Need](#) (2:02)
4. [We're "Can-Do!" Kids, and We Care](#) (2:00)
5. [I'm Dealing with my Feelings](#) (2:50)
+ [Bonus Resource: Dealing with Feelings](#)
- a resource to use especially in these challenging times
6. [I Like Myself](#) (1:15)
7. [Say it! Do it!](#) (0:57)
8. [The Golden Rule Song](#) (1:10)
9. [How Was Your Day Today?](#) (1:20)
10. [No One's Perfect](#) (2:10)
11. [I Still Love You](#) (1:50)
12. [Thank You, Chester](#) (3:46)
13. [Every Child Saved](#) (3:49)
14. [When Will I Hug You Again?](#) (3:33)
+ Bonus Resource: video
15. [Friendly Night](#) (4:45)

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