

Affirmations

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1. I like the way you smile at me
when I walk in through the door.
I like the way you lend a hand like
when you ask your friends, "Hey
watcha' fightin' for?"
I like the way you laugh and giggle
when I'm telling a new joke.
I like the way you cheer friends on
when you're turnin' the jump rope.

Chorus:

Affirmations; we need to hear good
things about us every day.
Affirmations, can help the blues go
away.
Affirmations, get a "put up" and
take a bow.
Affirmations, and let's end those put
downs now!

2. I like the way your eyes sparkle
when you're telling us somethin' new.
I like the way your face lights up
when you're sister comes in the
room.
I like the way you use your hands,
they paint pictures, when you talk.
I like the way your feet fly, when
Daddy says "Let's take the dog for a
walk."

Chorus

3. I like the way you take a stand
when somethin' happens that you
know is not right.
I like the way you figure it out,
'stead of starting a big ol' fight.
I like the way you cry it out, when
you're feeling sad and blue.
I like the way you show you care,
when I'm feeling that way too.

Chorus

Break `em on Down

by Harmony Grisman

(on her CD *Second Chants*, revised by the folk process! Used with permission. Spanish lyrics added.)

Break `em on down; Break `em on
down.

Break `em on down, these walls
between us.

(Repeat first two lines)

Break `em on down;
break `em on down these walls
between us.

Break `em on down;
Break `em on down, these walls,
these walls,
these walls between us!

Tumba las, tumba las, tumba las
paderdes entre nosotros.

(Repeat)

Tumba las, tumba las paderdes
entre nosotros.

Tumba las, tumba las paderdes,
paderdes, paderdes entre nosotros.

Canned Peas Blues

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1. It's Wednesday night at our house
I'm in the kitchen all alone.
Yeah, it's Wednesday night at our house
And I'm wishing I weren't home.
I stare at my food on the table,
And all I do is moan and groan.

2. I hear my friends out the window.
They're laughing loud and having fun.
Yeah, I hear my friends out the window.
They're playing hard in the evening sun.
I hear "allegee allee in free!",
But I can't come 'cause I'm not done.

Chorus:
Canned peas, canned peas,
Mama don't make me eat them please!
I'll get down and beg on my knees,
'cause they taste like stinking old socks to me.

3. I've tried everything I know
to get them gone from my plate.
I've tried everything I know
to avoid this Wednesday fate.
But Mama don't miss a trick;
She makes me eat those peas I hate.

Break:

I've tried rollin' 'em on the floor;
I've tried throwin' 'em out the door.
I 've tried stickin' 'em under my seat.
squishin' 'em under my feet!
Oh, Mama, can't we please negotiate?
I'd do anything to avoid this Wednesday fate.
But Mama don't give a lick.
She makes me eat those peas I hate.

Chorus

4. Gotta find a way to end this;
gonna' stop my misery.
Yeah, I gotta' find a way to end this;
but it's still a mystery.
Gotta' talk some sense into Mama.
And make those peas history!

(spoken): I've got it!

5. I'll get my friends together,
and with my mama we will meet.
Yeah, I'll get my friends together.
So I'm not alone to take the heat.
And if that don't work to change it.
Next week we'll picket in the street!

Chorus

Clothes Don't Make the Person

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Chorus:

Clothes don't make the person
Labels don't make the clothes.
Don't be fooled by what they say is
cool.
You're the only one that really
knows.
Yeah, you're the only one that really
knows.

1) Michelle came home, threw her
books on the chair
Laid down on her bed and cried.
Her sister came in, said: "What's
wrong, Shelly?"
and sat down by her side.
"The popular girls in my class don't
like me
They said what I wear is uncool.
I have to go buy some brand name
jeans
before I show my face back at
school.

2. Her sister gently stroked her hair
and said:
"Shel', I can see your hurt.
I'd like to share something from my
heart;
You can take it for what it's worth.
You're friendly and caring, you're
good at piano,
and jumping doubles, too.
You're fun to be with, you've got
lots of interests.
There's no one to compare with you.
And just remember that...."

Chorus

2) Josh got mad 'cause his dad won't
buy him
those high priced basketball shoes.
He says some guys on his team make
fun of him
and say it's his fault when they lose.
His dad said, "Son, you can save your
money
to buy that big label brand.
If I could afford them, I still
wouldn't buy them
I'll tell you why I take this stand:"

3)"The ones who make those shoes
can't even afford
to wear them on their own feet.
On a dollar a day, their pay is so
low,
They can barely afford to eat.
While our hard earned money helps
make the company
owners get richer each day.
I can't tell you what to do with the
pressure that's on you.
But I'm loving you all the way."
"And please remember that...."

Final Chorus:

Clothes don't make the person
And labels don't make the clothes.
Don't be fooled by what they say is
cool.
You're the only one that really
knows.
Let's watch where our money goes.

Come Join the Circle

new lyrics and counter melody: © 1997

Paulette Meier

original chorus: "Wade in the Water"

Come join the circle.
Come join the circle, children.
Come join the circle;
Come and join us in the circle!

Counter melody:

In a circle we're equal.
No one is left out.
We all can see each other's eyes.
A circle is powerful;
It's unbroken.
It helps to strengthen all our ties.

Come On Board!

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1. If you're a child, come on board
If you're an elder, come on board
If you're young or old or any age in
between,
Come on board; come on board!
Yeah, if you're young or old or any
age in between.
Come on board; come on board!

2. And if you're female, come on
board;
And if you're male, come on board,
If you're father cooks the meals,
and your mother drives eighteen
wheels,
Come on board, come on board!
Yeah, if you're father cooks the
meals,
and your mother drives eighteen
wheels,
come on board, come on board!

Chorus:
This train is bound for healing,
This train is rolling on the rails of
compassion.
This train is bound for justice,
This train is riding down the track
toward liberation!
Won't you come on board?

3. And if you're Jewish, come on
board.
Or if you're Muslim, come on board.
If you're Hindu or Christian or
Buddhist,

Come on board, come on board!
And if you honor the Earth Mother,
or Great Spirit,
Come on board, come on board!

Chorus

4. And if you're African, come on
board,
And if you're Asian, come on board.
If your ancestors came from
different places 'round the world,
won't you come on board, come on
board?
Yeah, if your ancestors came from
different places 'round the world,
come on board, come on board!

5. So if you're part Spanish, come on
board.
And if you're part German, come on
board.
If you're Scotch, Irish, Italian or
Native American,
come on board, come on board!
Yeah, if you're Scotch, Irish, Italian
or Native American,
Come on board, come on board!

Chorus (2x)

Coda: We have lots of differences,
but we've lots more in common!

Cool Cooperation

© 2001 James L. (Oglesby) Reid

Chorus (Hook)

Cool cooperation, let the rhythm
move your feet
Because in the end you know that
we both win
So there's no need to compete. Hey!
When there's cool cooperation,
Everybody gets a turn.
There's no competition, 'cause we're
all different,
Just listen and you'll learn!

1. We constantly working on keeping
the earth clean.
We lettin' the birds sing, we makin'
the freedom ring.
We stoppin' from being mean.
I bring love peace and happiness;
We kings and queens.
And now I'm doin' what me pappy
did.
We cooperated.
I never made it a point to stay
hated.
I got nothin' but love.
We got the sun and the moon and
the stars in the sky.
And we can all get down if we're
wllin' to try.
Don't matter, black, white, red,
yellow, it's all right.
Now that's the spirit,
That's the spirit.

Hook

2. Now the DJ' spinnin' and I'm
movin' my feet.
You know I got my own dance,
'cause I'm so unique.
Now won't you clap your hands to
the co-op beat!
I give love, get love and it feels so
sweet.
It doesn't matter who's the
strongest, who's the tallest,
who's the biggest, who's the
smallest, or who's the smartest.
We're all a part of this conjunction.
Let's get it together.
And yo, I'll bet you things will never
be better.
You got to respect yourself, respect
others.
Respect your dad, respect your
mother.
Gotta' treat people just how you
wanted to be treated.
Now when I say "cooperation" you
all repeat it.
Cooperation!

Hook

continue on next page

3. Now I'm not the best in math.
But I know that two heads are
better than half.
Plus you know I love it when you
makin' me laugh.
Now if you help with my homework,
please?
I'll help you with yours; we'll help
each other with chores.
Pull out chairs, open doors for each
other.
Everybody's special.
We all people.
We all equal.
See, I'm 'a teach you.
Listen!
If you put your hand in my hand,
you know there ain't a battle that
we can't win.
The color of your skin don't matter,
baby, it's all love,
So if you know it , start joinin' in!
Everybody say!

(Final Hook 3x)

Dealing with Feelings Rap

© 2001 Paulette Meier

We'd like to share with you some things that we've learned about communicating when you've got a concern.

First we need to talk about something we've all got that if we don't manage well can tie us up in knots.

And that's FEELINGS, we've got 'em, of all different kinds. But they don't have to run us, 'cause we can use our minds.

Feelings are strong, can make it hard to think. There's lots of things to do so you don't have to sink.

You can shake like a leaf in the wind when you feel scared, Ask someone to hold you when you've had a nightmare.

And let yourself cry when you're feeling really sad; Ask for some attention when you're down or mad.

Don't bottle up those feelings and keep them inside where they can mess you up and eat you alive.

But dumping them on folks who aren't really listening

won't clear your mind and can start them bristling.

So if you want to vent and get things off your chest find a willing listener 'cause that will work out best.

Now we want to tell you 'bout a special tool that can help you get along at home or school.

It's called an I-message; that means "I," not "you." It's a way to talk it out when you're feeling in a stew.

There's no blaming, no shaming, no putdowns or disgrace. I simply tell you how I feel and why I feel that way.

I say exactly what it is that bothers me and maybe also tell you how I'd like it to be.

And though I-messages can help when you feel mad, you can use them as affirmations, when you're feeling glad.

So here are some examples that were put to tune. Why not listen to the words and try one real soon?

continue on next page

(Dealing with Feelings Rap, page 2)

(Verses to be sung:)

1. I feel angry when someone yells
at me
because I don't feel respected at
all.

I'd like if you could speak to me
in a voice that's a bit more calm.
I'd like to know what you're mad
about.

But I can't listen well when you
shout.

2. I feel annoyed when you put down
what I say or I think
when we see things differently.
I'd like to tell you what I think
without fear of being 'dissed.
And you can expect the same of me.

3. I feel hurt when you leave me
out
because I thought we were the best
of friends.
I'd like to talk with you , to figure
out just where our friendship
stands.

I'd like to know why you didn't ask
me?

How do we want our friendship to
be?

4. I feel grateful when you take
time to listen to my problems,
Because it helps me think things
through.

I'd like to thank you for giving your
time and attention.

'Cause now it's clear to me just
what to do!

Ending refrain:

Communicate, relate, communicate,
relate.....

Counter melody:

If we want to relate, we've got to
communicate! If we want to relate,
we've got to communicate.

Communicate, yeah! Communicate,
yeah!

Good Friends (The Peer Mediation Song)

©1999 Paulette Meier

1. When you came to our school in
the third grade,
I knew right off I would not like
you.
You talked real loud; you acted risky
and wild,
And all the other daring kids looked
up to you.
And I was a quiet girl, I did what I
was told;
Never `caused any trouble, stayed
out of others' way.
To me you seemed kind of bossy and
mean,
And far away from you is where I
wanted to stay.

2. Our teacher Ms. Bailey in the
fourth grade
had lots of projects where we
worked in pairs.
I managed not to have to work with
you
till we had to do that report on
bears.
My stomach turned over as I heard
her say,
"Molly, why don't you work with
Sharee?"
My back got stiff and I bit my lip,
But I couldn't do much but agree.

Chorus:

Who'd `ve ever thought that we
could be friends?
who'd `ve ever thought we could be
good friends?
Who'd `ve ever thought that we
could be friends?
Who'd `ve ever thought we could be
good friends?

3. Well I'm not one to get angry
much,
But with you as a partner by blood
got hot!
You talked and you talked about
your ideas,
And you never even asked to hear
what I thought.
And when you told me to write all
your ideas down
So you could choose the best one to
do-
That's when I blew, and I yelled at
you,
And I called you some names, then
you got angry too.

4. Before I knew it, our fists were
raised.
And two peer mediators jumped up
to say.
"Looks like you've got a conflict
here,
Can we help you to find a better
way?"

Continue on next page

I didn't see how anything could help,
But we didn't have much to lose.
With Ms. Bailey lookin' cross the
room at us.
It wasn't too hard to choose.

Chorus

Bridge:

Well the job those mediators had
was tough
But with questions and good listening
They showed their stuff.
And you learned that just because I
am quiet
doesn't mean I don't have ideas of
my own.
And I learned that just because you
take charge
doesn't mean that you want to do it
alone.

5. Well those peer mediators helped
us change our ways.
I had to speak up, and you needed
to wait.
We learned all about why bears
hibernate,
But the real lesson was to
negotiate.
Since then we've done lots of things
together;
You taught me rock climbin'
and I showed you how to draw.

Sometimes I get mad, at times
you're impatient;
But mostly it's fun, breakin' down
those walls.

Chorus

Listen!

Lyrics and chorus melody: Paulette Meier © 1998

Verse melody: Sufi chant "Listen to my heart song."

1. Listen, listen, listen
to what I say!
I've got something to tell you,
Please don't look away.
I've got something to tell you
Please don't look away.

2. Listen, listen, listen
we have stories to share!
Taking turns listening
Keeps our friendships fair.
Taking turns listening
Keeps our friendships fair.

Chorus:

Li-sten
Li-i-isten
Li-sten
We all want to be heard!

3. Listen, listen, listen,
You've got something to say!
I won't interrupt
I'll hear you today.
I won't interrupt
I'll hear you today.

4. Listen, listen, listen,
to my heart sing!
When we get good attention,
We feel like a king!
When we get good attention
We feel like a queen!

Martin and Robby

Lyrics: Paulette Meier and David Kisor

Music: Paulette Meier © 1996

1. Martin and Robby at recess,
Got into a fight.
Been best friends for a long, long
time
Both knew it wasn't right.
Martin called Robby a sissy
When he fell down and started to
cry.
Robby got up and swung his fist
and hit him right smack in the eye.

Chorus:

I wonder why girls can cry.
And boys have to stuff it.
My little brother still cries,
but he doesn't have to be a man
yet.
When he hurts he cries and gets
over it.
When he hurts he cries and gets
over it.

2. Robby and Martin in trouble.
Principal's asking them why.
Martin says Robby started it first,
Robby says, "That's a big fat lie."
Martin admits he called Robby a
name.
It slipped out, he doesn't know why.
He says his dad tells him: "Don't be
like a girl"
Whenever he starts to cry.

Chorus

3. Martin and Robby, friends again;
Said "sorry" and talked it out.
Robby tells Martin "Maybe crying's
not bad,
and that's how you get the pain
out."
Martin says to Robby "Let's make a
pledge,
If you cry around me, it's ok.
Robby agrees and tells Martin the
same,
"If anyone asks, we'll say:"

Final Chorus:

Maybe not just girls can cry.
Maybe boys don't have to stuff it.
Our little brothers still cry.
'Cause they're not done being human
yet.
When they hurt, they cry and get
over it.
When we hurt, we'll cry and get
over it.
When we hurt, we'll cry and get
over it.

The Strategy Wheel

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(The strategy wheel concept is from *Creative Conflict Solving for Kids* by Fran Schmidt & Alice Friedman.)

1. Tasha told me that everyone
knows
that I said I like Ben.
Now the only one that knew
was my friend Lana Sue
Can't believe she'd break my
confidence!
I'd like to tell her a thing or two,
I'm so angry I could ring her neck.
But I know that would only make
things worse,
So I've gotta' think of something
instead.

Chorus:

The strategy wheel, oh the strategy
wheel.
Spinning 'round my head.
The strategy wheel, yeah the
strategy wheel.
What can I do that makes good
sense instead?

2. I lost my pen the other day
It was my favorite, a gift from
Mom.
Well I looked all around, but it
couldn't be found.
Till now, I see it in the hands of
Tom.
Well, that thief he must have taken
it from my pack
When we were out at lunch.
I've gotta' think of something quick
to do

before I grab it and give him a
punch.

Chorus

Bridge:

There are lots of choices now
To stand up peacefully.
You've got to spin that wheel around
And pick your strategy.

Revised Chorus:

The strategy wheel (You can ask a
question now.)
The strategy wheel (Or take some
time to cool down.)
The strategy wheel, (Get a friend
to listen well.)
The strategy wheel, (Or go outside
and jump and yell!)
The strategy wheel, (get someone to
mediate.)
The strategy wheel (talk it out,
negotiate.)
Oh, the strategy wheel, (the
strategy wheel)
Yeah the strategy wheel, (yeah the
strategy wheel)
What can I do (What can I do)
That makes good sense (That makes
good sense)
Instead?

TIME at the Peace Table

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1. Michael and Tony had a conflict today
About which game they were going to play.
Each of them was digging his heels in deeper,
When all of a sudden, we heard Tony say:

Chorus:
Let's take some time at the peace table,
Take some time at the peace table.
Gonna take some time and show that we're able
To work things out without a fight!

2. Ann passed Mark and knocked over his drink,
The juice ran all over and it stained his shirt pink.
Well, Mark stood up and protested loudly,
When a little voice inside him said,
"Hey stop and think!"

Chorus

3. Leah and Tammy were arguing loud,
And soon all the yelling attracted a crowd.
Each of them was on that conflict escalator,
When Tammy stopped and took a breath and said real proud:

Chorus

Interlude

Well, you may wonder what it means when you take time at the peace table.

Yeah, you may wonder what you do when you take time at the peace table.

Well, T.I.M.E. will help you remember;

Yeah, T.I.M.E. will help you remember.

cause the "T" stands for TAKING TURNS TALKING AND LISTENING.
And the "I" stands for using I-MESSAGES.

And the "M" stands for MAKING SUGGESTIONS AND CHOICES.

And with the "E" we END IT ALL by shaking hands and saying THANKS!

Revised Chorus:

For taking time at the peace table,
taking time at the peace table.
Yeah, we took some time and showed that we're able
to work things out without a fight!

Final Chorus

Yeah we took some time at the peace table,
Took some time at the peace table.
Yeah we took some time and showed that we're able
to work things out without a fight.
Yeah to work things out without a fight.
We can work things out without a fight!

What Does Peace Mean?

© 1994 Paulette Meier

(prompted by an activity in Naomi Drew's *Learning the Skills of Peacemaking*, Jalmar Press.)

Chorus:

What does peace mean? Peace means taking care of.

What does peace mean? Peace means taking care of.

What does peace mean? Peace means taking care of

Ourselves, each other and the earth.

1. When we take care of ourselves,
we get the
rest we need.

We eat good and healthy food and
exercise our bodies.

We have lots of fun, and we cry
when we're sad.

We speak up for ourselves if we're
upset or mad.

Chorus

2. When we take care of each
other, we help
each other out.

We ask each other questions, like
"What are you
sad about?"

We listen to our stories, we take
turns in our play.

We cheer each other on as we find
our own way.

Chorus

3. When we take care of the earth,
we listen to her ways.

We plant trees and vegetables; live
simply everyday.

We treasure all her gifts, the air,
the sun, the rain.

We ride our bikes and turn out
lights and we don't
throw much away!

Chorus