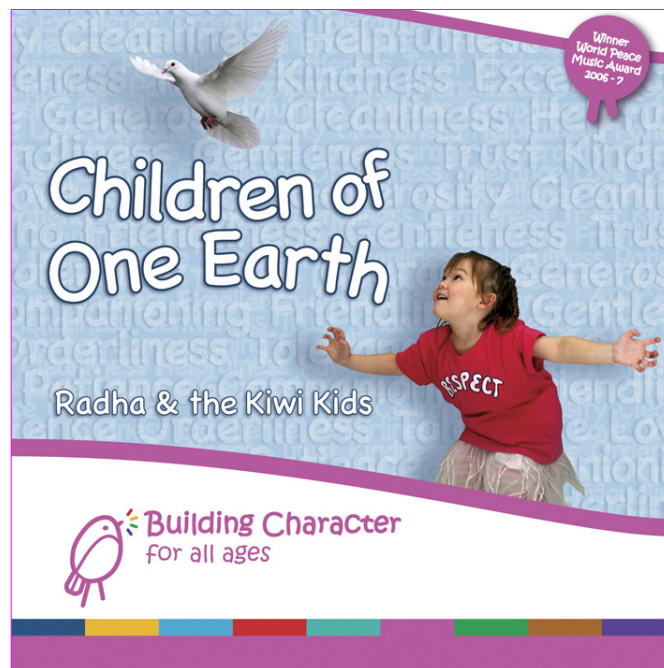




**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



# Children of One Earth



## Activity Notes

### Building Character Activity Notes for *Children of One Earth*

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Award Winner

*Children of One Earth* won the World Peace Music Award, 2006-7, held in conjunction with the World Judiciary Summit in India. Many countries submitted entries to these awards which acknowledge music and film productions that best promote the sentiments of one world human family, cultural understanding & friendship, tolerance and peace.

## Building Character

*Children of One Earth* aims to foster a universal sentiment in children of all ages. Each song stirs different aspects of the child's character, developing and strengthening the following virtues:

- |                      |                 |                 |
|----------------------|-----------------|-----------------|
| — Peacefulness       | — Understanding | — Idealism      |
| — Tolerance          | — Joyfulness    | — Assertiveness |
| — Unity              | — Caring        | — Truthfulness  |
| — Love               | — Respect       | — Kindness      |
| — Justice & Fairness | — Reverence     | — Compassion    |



Find more *Building Character* resources on our website: [www.ucamusic.com](http://www.ucamusic.com)

## Sing ~ Along

These songs are pitched to suit children's singing. Children enjoy singing along, plus the songs are excellent repertoire for singing teachers. In the notes you will find the highest & lowest notes, to indicate how challenging the songs might be. Feel free to use these lyrics as OHP masters.

The added benefit of these uplifting songs is that the lyrics work subliminally 'programming' the mind with positive messages. Often this can change the mood in the room, so use this to everyone's advantage. Play the album as children are drawing etc, and sing along at home or in the car.

## Spiritual Development

Developing our virtues, we are growing spiritually. Young children learn through experience. The songs in this album have no intended association with religion, but offer opportunities for children to experience such spiritual sentiments as universal love, unconditional love, reverence, and to feel part of the world family.

**For your reference, this document totals 16 pages.**

### Building Character Activity Notes for *Children of One Earth*

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Track 1

### **Children Like You** *by Radha Sahar*

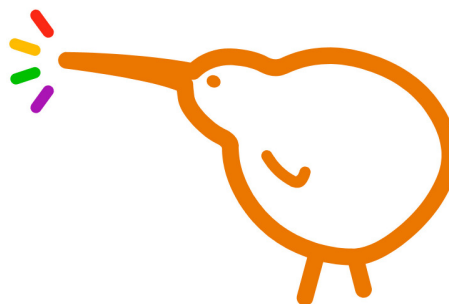
*Verse 1* There are children like you in India  
There are children like you in Bahrain  
All around the planet, kids need fun and friendship  
Our hopes and dreams are all the same

*Verse 2* There are children like you in Mexico  
There are children like you in Belize  
All around the planet, kids need fun and friendship  
Our hope is for a world at peace

*Refrain* We need fun and friendship  
Peace and understanding  
And hey! - we need a future!

*Verse 3* There are children like you in China  
There are children like you in the Netherlands  
All around the planet, kids need understanding  
Our hope is that the grown ups can!

*Verse 4* There are children like you in Australia  
There are children like you in Paraguay  
All around the planet children need a future  
So let us begin today  
We will show the world a brand new way!



Find more *Celebrating Cultures* resources  
on our website: [www.ucamusic.com](http://www.ucamusic.com)

### **Activity Notes**

Sing along with the recording until children are familiar with the lyrics. Once they know the words, play a 'choose a country' game, where each child takes a turn to call out the name of a different country. Clap in the verses or form a circle, holding hands around an 'earth-ball' and dance around, changing direction each verse. Stop and choose an action in the refrain – e.g. linking arms.

**Virtues & Peace Education:** Friendship, Peace, Understanding, Tolerance, Respect, Idealism, Unity

### **Pitch Reference**

Key = C      Highest note = C      Lowest note = C. Also an excellent pitch for adults to join in.

### **Building Character Activity Notes for *Children of One Earth***

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Track 2



### One Big Family

by Radha Sahar

- Refrain* What will I do today? What will I see?  
Today I'll see a movie – it is free you know  
I just close my eyes and see a super picture show  
And now you know the secret so that you can see  
The best in film shows for everybody!
- Verse 1* I see a house with lots of windows and an open door  
My brother and my sister, my father and for sure  
There's my mother & my gran and pop, my cousin & me  
We can all live together happily
- Chorus* Everything in the world belongs to one big family  
Living together in the universe – hey  
The sun shines its light on all of the family  
A big cheer for everybody – Yey! Yey! Yey!
- Refrain*
- Verse 2* The girls and boys in Canada are drawing on the wall  
In China they are playing chase and here I'm playing ball  
In Africa and India, Brazil and Germany  
We can all live together happily
- Chorus ... Refrain*
- Verse 3* I see a shining star and a comet flashing by  
Mysterious sorts of planets in the wide black sky  
And maybe there are different kinds of people to see  
We can all live together happily
- Chorus x 2*



#### Activity Notes

Encourage children to use their imaginations, picturing various scenarios as part of the universal family. Discuss the difference between movies and 'mental movies'. Clap and sing along.

Find more *Developing Imagination* resources on our website:  
[www.ucamusic.com](http://www.ucamusic.com)

**Virtues & Peace Education:** Friendship, Peace, Understanding, Tolerance, Respect, Unity

#### Pitch Reference

Key = D      Highest note = B      Lowest note = A.

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
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## Track 3



### Even If

by Radha Sahar

*Verse 1* Even if you don't love me, I love you  
Even if we disagree, I love you

*Chorus* Clap your hands and tap your toes  
Feel the way the rhythm goes  
Boom-ba-boom I love you!

*Verse 2* Even if you think I'm dumb, I love you  
Even if you suck your thumb, I love you

*Chorus*

*Refrain* I love you, yes I do. Love is yours and love is mine  
I love you, yes I do, and I love you all the time!

*Verse 3* Even if you go away, I love you  
Even if you talk all day, I love you

*Chorus, Refrain*

*Instrumental*

*Repeat V1*

Boom-ba-boom I love, Boom-ba-boom I love  
Boom-ba-boom I love you!



Find more *Dancing & Singing* resources  
on our website: [www.ucamusic.com](http://www.ucamusic.com)

### Activity Notes

Clap and tap in the choruses, and boogie along! Play the 'boom-ba-boom' section on drums or with body percussion. Actions for 'I love you' could be: 'I' = point to chest, 'love' = hands crossed on chest, 'you' = point to friend etc. Discuss love and, with older children, unconditional love as distinct from approval for our behaviour.

**Virtues & Peace Education:** Unconditional Love, Caring, Kindness

### Pitch Reference

Key = E      Highest note = B      Lowest note = C#. Also within adult singing range.

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**Activity:** Building Character  
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## Track 4



### We Call it Love

by Radha Sahar

*Verse 1* We call it aroha  
We call it l'amour  
We call it alofa  
We call it lubov  
We call it prema  
We call it ahava  
We call it love

*Verse 2* We call it liebe  
We call it ai  
We call it chikondi  
We call it gugmar  
We call it mahabbbeh  
We call it amore  
We call it love

*Chorus* We are the children of the world  
And through our love we're never apart  
And we speak one language everywhere;  
The language of the heart

*Instrumental – plus children speaking*

*Repeat V1*

*Chorus*



*Maori  
French  
Samoan  
Russian  
Hindi  
Hebrew  
English*

*German  
Japanese  
Chichewa  
Bisayan  
Arabic  
Italian  
English*

### Activity Notes

Listen intently to the pronunciation of each language so you can sing the song right through; we hear the word for 'love' in thirteen languages. Alternatively, individual children can sing lines in their own tongue, no matter if it differs from the lyrics above. Discuss the concept of music as a universal language. Ask children 'how would you describe 'the language of the heart'?

**Virtues & Peace Education:** Love, Unity

### Pitch Reference

Key = C                      Highest note = B                      Lowest note = Bb.



**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Track 5



### Caring Chain

by Radha Sahar

- Verse 1* I've got a little brother, and we care for each other (sweet as)  
One hug
- Verse 2* I've got a little brother, who's got a little sister (sweet as ... real cool)  
And we care for each other, one hug, two hugs
- Verse 3* I've got a little brother, who's got a little sister (sweet as ... real cool)  
Who's got a nice mama, and we care for each other (all better)  
One hug, two hugs, three hugs
- Refrain* Find your caring chain. Join the caring chain  
Everybody's got a caring chain. Who's in your caring chain?
- Verse 4* I've got a little brother ... etc, and a Daddy (...let's play ball)  
And we care for each other  
One hug, two hugs, three hugs, four hugs!
- Verse 5* I've got a little brother ... , who's got a little puppy (... woof, woof)  
And we care for each other - one hug, two hugs  
Three hugs, four hugs, five hugs!
- Refrain*
- Verse 6* I've got a little brother ..., who's got a little pussy cat (... meow, meow)  
And we care for each other - one hug, two hugs  
Three hugs, four hugs, five hugs, six hugs!  
But when I'm all alone, I've just got me!  
And I care for myself ... one hug!

#### Activity Notes

Create 2 groups, one sings the song; the other calls the comments. All join 'And we care for each other' + refrains). Clap along. How do you want to represent hugs? (self hugs are fine). This song is great for developing memory skills & self esteem. Children! - talk about or draw the people in your caring chain.

**Virtues & Peace Education:** Caring, Kindness

#### Pitch Reference

Key = E      Highest note = B      Lowest note = B. Also an excellent pitch for adults to join in.

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Track 6



### Sharing

by Radha Sahar

**Verse 1** Poor little lonely children haven't got any food  
But I will give them some of mine  
Yes I will share my food  
And when they know they've got enough  
How happy they will be!  
And that will make me happy too  
Oh come and share with me!

**Chorus** Come and share and be fair  
Oh come and share with me

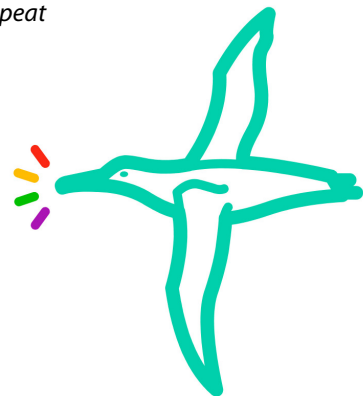
**Verse 2** Poor little lonely children haven't got any clothes  
But I will give them some of mine  
Yes I will share my clothes ...

**Chorus**

**Verse 3** Poor little lonely children haven't got any toys  
But I will give them some of mine  
Yes I will share my toys ...

**Chorus**

*Repeat*



Find more *Developing Imagination*  
resources on our website:  
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### Activity Notes

This is a classic 'clapping' song, developing the skill of speeding up with the music then returning to the original tempo each time. Ask the children to close their eyes and imagine what it would be like to be starving or in the freezing air with not enough clothes or shelter. What does compassion look like? What is justice/fairness? How can we help those suffering? Use your imagination to picture what you could do ...

**Virtues & Peace Education:** Compassion, Kindness, Justice & Fairness

### Pitch Reference

Key = Am      Highest note = A      Lowest note = A. Pitched on the low end of children's range.

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
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## Track 7



### 21<sup>st</sup> Century

by David Antony Clark

*Chant* Te Tau rua mano kia kaha kia kaha. Te Tau rua mano kia maia kia maia

*Verse 1* The air is alive and the feeling is growing  
From the schools of Bombay to the streets of New York  
You have to start tending what you have been sowing  
You have to start listening, so let us kids talk!

*Chorus* Because we are the kids of the 21<sup>st</sup> century  
We are the ones who'll inherit the Earth  
We have to live in the 21<sup>st</sup> century, now  
We want to know what our planet is worth  
We've got our plans for the 21<sup>st</sup> century  
Love as our teacher and truth as our word  
So don't leave your junk in the 21<sup>st</sup> century  
The children of Earth are about to be heard!

*Verse 2* The world that we see when we look in papers  
And the world that you show on your six o'clock news  
Is the world that you offer your sons and your daughters  
But your sons and your daughters will have to refuse

*Chorus – then chant*

*Verse 3* We have to live with the values you offer  
And we have to deal with the mess that you leave  
What good is wealth to us kids of tomorrow  
If we can't even trust in the air that we breathe?

*Chorus x2*



Find more *Exploring Nature* activity resources  
on our website: [www.ucamusic.com](http://www.ucamusic.com)

### Activity Notes

Dance to this up-beat nature-protest song. Clap & sing along. Discuss pollution and conservation, asking children what aspects of nature they love and how we could help protect the Earth.

**Virtues & Peace Education:** Idealism, Assertiveness, Caring, Justice & Fairness, Respect

### Pitch Reference

Key = C

Highest note = D

Lowest note = C

### Building Character Activity Notes for Children of One Earth

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Track 8

### Truth Is

by Radha Sahar

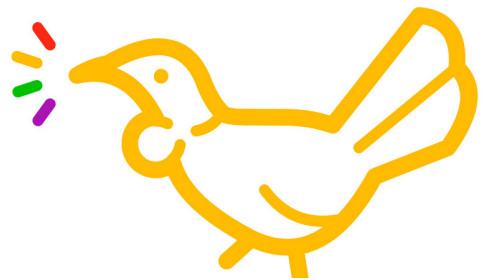
*Verse 1* Truth is like the sun that shines  
Strong and clear and bright  
I can be a cloud, or the bright blue sky  
I can choose day or night

*Verse 2* I am like the flowers that grow  
And my family's the earth and the rain  
If I want to flower, then every hour  
I remember the sun again

*Refrain* When I am scared I want to hide away  
Or maybe tell a little lie  
But I know from deep inside of me  
If I did, no one could rely on me

#### *Instrumental*

*Verse 3* Truth is something I can count on  
Like a loyal friend  
And people will see they can count on me  
And I'm happy in the end!



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### **Activity Notes**

This is a sing-along song, inviting children to enjoy a 'soft jazz' genre. The melody has quite a bit of movement in it, making it a little challenging to sing – though that brings its own rewards. Ask the children what truthfulness looks like in their lives; what stories do they have to tell?

**Virtues & Peace Education:** Truthfulness, Loyalty, Reliability, Trustworthiness

### **Pitch Reference**

Key = C      Highest note = C      Lowest note = C. Also an excellent pitch for adults to join in.

### **Building Character Activity Notes for Children of One Earth**

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Track 9



### Happiness

by Radha Sahar

*Verse 1* Happiness is mine and yours and everybody's  
When we share a smile together  
Sunny days can be indoors in any weather  
When we spend a while together

*Refrain* Happiness fills me up like a soft drink  
Bubbling out all over  
Happiness will spread like a big pink  
Cloud across the sky, lighting up the faces  
Of people passing by!

*Verse 2* Happiness is in, and out, and all around us  
When we share our love together  
Sunny days are here, and there, and everywhere  
It's when we share our love together

*Refrain ... then Instrumental*

*Verse 3* Happiness is mine and yours and everybody's  
When we share a smile together  
Sunny days are here, and there, and everywhere  
It's when we share our love together  
When we share our love together!



### Activity Notes

This song strengthening joyfulness and is fun to play instruments along with. Younger children will be able to play percussion instruments such as woodblocks and maracas, while older students may be able to join in playing with the recorders in the instrumental section. Ask the children what happiness looks like in their lives; what stories do they have to tell?

**Virtues & Peace Education:** Joyfulness, Love, Unity

### Pitch Reference

Key = C      Highest note = D      Lowest note = C. Also an excellent pitch for adults to join in.

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
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## Track 10



### Heart Full of Love

by Radha Sahar

- Verse 1** Got a heart full of love here inside ... x3  
Gonna clap my hands with a heart full of love  
Sing out love – Oh yeah!
- Verse 2** Got a heart full of happiness here inside ... x3  
Gonna clap my hands with a heart full of happiness  
Sing out happiness, sing out love – Oh yeah!
- Verse 3** Got a heart full of friendship here inside ... x3  
Gonna clap my hands with a heart full of friendship  
Sing out friendship, sing out happiness, sing out love – Oh yeah!
- Verse 4** Got a heart full of giving here inside ... x3  
Gonna clap my hands with a heart full of giving  
Sing out giving, sing out happiness, sing out love – Oh yeah!
- Verse 5** Got a heart full of everything here inside ... x3  
Gonna clap my hands with a heart full of everything  
Sing out everything, sing out giving, sing out happiness, sing out love – Oh yeah! Sing out LOVE!



#### Activity Notes

In this 'gospel-clapping' style song, we clap on beat 3 – except for the 2/4 bar on 'Gonna clap my hands'. Older students may master the challenge. Younger children will better enjoy focusing on their memory skills as they recall each subsequent virtue accumulating in the last line of each verse.

**Virtues & Peace Education:** Love, Joyfulness, Friendship, Generosity

#### Pitch Reference

Key = E      Highest note = G#      Lowest note = B. Also excellent pitch for adults to join in.

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**Activity:** Building Character  
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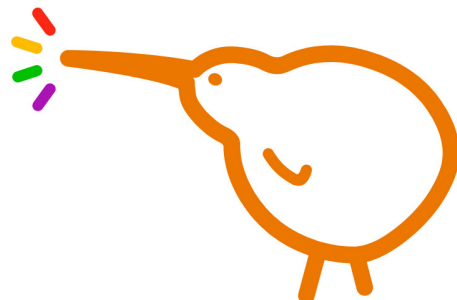
## Track 11



### Great Universe

by Radha Sahar

- Verse 1* I'm a child by birth. I live on planet Earth  
I'm happy to be part of the great universe  
Happy to be part of the great universe
- Verse 2* I'm Maori by birth ...
- Verse 3* I'm Indian by birth ...
- Verse 4* I'm Spanish by birth ...
- Chorus* We're all here by birth, to live on planet Earth  
All plants & all creatures of the great universe  
Are happy to be part of the great universe
- Verse 5* I'm a tiger by birth ...
- Verse 6* I'm a flower by birth ...
- Verse 7* I'm an eagle by birth ...
- Verse 8* I'm a dolphin by birth ...
- Chorus* We're all here by birth, to live on planet Earth  
All plants & all creatures of the great universe  
Are happy to be part of the great universe



Find more *Celebrating Cultures* resources  
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#### Activity Notes

Being a simple chant, young children will master this immediately. Clap along or play percussion instruments to keep the beat. Invite children to call out verses of their own, adding their names, other people, creatures & things. Celebrate our cultural differences. Expand our hearts to include the stars!

**Virtues & Peace Education:** Unity, Caring, Respect

#### Pitch Reference

Key = F#      Highest note = Bb      Lowest note = Bb

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**Activity:** Building Character  
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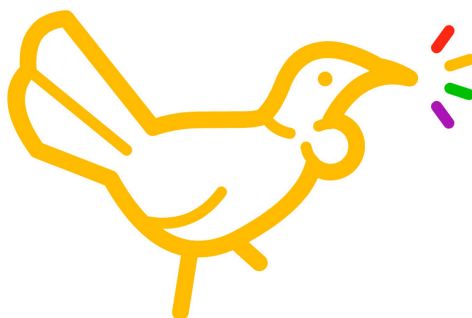
## Track 12



### Sing the World Around

by Radha Sahar

- Part 1* Sing the world around. Sing the world around  
Children together, sing the world around ... *Repeat*
- Refrain* All around the world, every boy and girl  
Singing together – what a powerful sound!  
Time to understand our planet needs a hand  
Let's move it together and sing the world around!
- Part 2* Sing it round, sing it round, sing it round  
Sing it round and round ... *Repeat*
- Part 3* Sing it, sing it, sing it round and round ... *Repeat*  
(descant)
- Repeat Part 1*



Find more *Singing & Fun* activity resources  
on our website: [www.ucamusic.com](http://www.ucamusic.com)

#### Activity Notes

This is a great song for a choral group or a school choir, offering 'part singing' and a harmonious sound. The three parts are introduced separately on the recording before being combined, so as to make it easier for children to learn. Teach the parts one by one until all the children are confident in their parts before combining them. The song is a cross between a 'round' and 'harmony-singing'.

**Virtues & Peace Education:** Caring, Understanding, Assertiveness, Helpfulness, Unity

#### Pitch Reference

Key = G

Highest note = B (descant; D)

Lowest note = B

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**Activity:** Building Character  
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## Track 13



### Caring More

by Radha Sahar

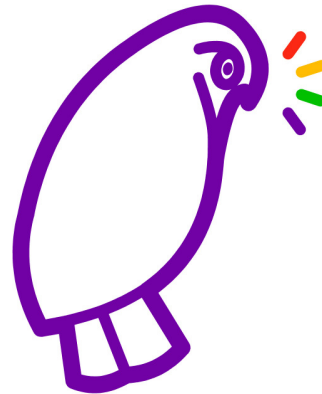
*Verse 1* Caring more, me and you  
Helps us to always find  
The best things to do

*Verse 2* Caring more, you and me  
Helps to make our world  
The place it's meant to be

*Refrain* Our world is a great big home for  
Things that can live and grow  
Helping each other flower  
Makes us feel so ...

*Instrumental*

*Repeat verse 2*



Find more *Rest & Relaxation* resources  
on our website: [www.ucamusic.com](http://www.ucamusic.com)

#### Activity Notes

This is a great song for rest and relaxation times. It also offers a challenge to young singers, in that the intervals in the chorus are quite tricky; hence it develops pitching, intonation and memory skills. Ask the children what caring looks like in their lives. In what ways would they like to show more caring?

**Virtues & Peace Education:** Caring, Love, Helpfulness, Kindness

#### Pitch Reference

Key = A      Highest note = C      Lowest note = A

#### Building Character Activity Notes for Children of One Earth

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**Activity:** Building Character  
**Album:** *Children of One Earth*  
**Related Activity:** Celebrating Cultures



## Track 14



### All Things

*Lyrics: C.F. Alexander. Music: Radha Sahar*

*Verse* All things bright and beautiful  
All creatures great and small  
All things wise and wonderful  
The Lord God made them all

*Repeat*

*Refrain* Each little flower that opens  
Each little bird that sings  
He made their glowing colours  
He made their tiny wings

*Instrumental*

*Verse*

#### Activity Notes

We close with this favourite children's heritage song, set to new music. Following on from *Caring More*, this track sustains and deepens the relaxing mood, engendering a quiet feeling of reverence and appreciation for the beauty of creation.

**Virtues & Peace Education:** Thankfulness, Reverence, Respect

#### Pitch Reference

Key = C – D      Highest note = D      Lowest note = A



On our website you will find:

- \* More *Building Character* resources
- \* Our full Activity Range
- \* Free *Activity Notes* for many albums
- \* Sound-clips    \* Articles of interest
- \* Links to Music Download sites
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#### Building Character Activity Notes for *Children of One Earth*

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