

Virtues in Me



Songs & Musical Games

To help children live by their deepest values

A Companion Resource to "The Virtues Project Educator's Guide"

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	Virtues Project Educator's Guide			



Virtues Reference

Virtues in Me is an official Companion Resource to *The Virtues Project Educator's Guide*, by Linda Kavelin Popov, a secular handbook popular in character-education programmes in schools across the world. It covers fifty-two virtues in detail (refer to the List, p 52). *Virtues in Me* features thirteen of those virtues specifically, and 'the virtues' in general for three of the songs and musical games:

Virtues	Songs & Musical Games	Age	Track	Page
Virtues in General	Virtues in Me	6-9 years	1	10
	Task or Message	7-8 years	9	26
	Listen!	All ages	21	50
Cleanliness	If You're Healthy & You Know It	3-7 years	16	40
Courage	Brave Willie Winkie	3-7 years	14	36
	Courage is My Motto	6-8 years	13	34
Excellence	Excellent Fish!	4-7 years	7	22
Friendliness	Hello Friends!	3-7 years	2	12
	Friendly Feet	3-7 years	3	14
Generosity	Generous Black Sheep	3-5 years	15	38
Gentleness	Gentle Old McDonald	3-5 years	4	16
	Pass it Round the Circle	3-9 years	5	18
Helpfulness	Helpful Humpty	3-5 years	17	42
	Helping You is Helping Me	6-8 years	18	44
Kindness	Three Kind Mice	3-7 years	6	20
Love	Two Little Love Hearts	3-6 years	11	30
	Love in my Pocket	4-9 years	12	32
Orderliness	So Orderly this Morning	3-7 years	8	24
Patience	Measure my Patience	6-8 years	19	46
	The Patience Song	3-5 years	20	48
Tolerance	Old King Cole was a Tolerant Soul	4-8 years	10	28
Trust	Pass it Round the Circle	3-9 years	5	18

How to ...

How you wish to enjoy the music? ...

For Sing-along Fun ...

It is easy for young ones to sing along with all of these songs, as each song on the recording is pitched to first suit the singing range of *children*. However, grown ups will be able to sing comfortably too. Enjoy!

To Play the Musical Games

Some games use props; puppets, musical instruments, or other materials mentioned under the heading 'Materials Needed' – so gather or prepare these in advance. Familiarise yourself with the instructions for the musical activity given under the heading 'How to Play', then follow the instructions.

Listening Fun

Simply enjoy listening to these positive, happy songs. For in-depth learning, the final track, *Listen!*, focuses specifically on the listening skills essential for a healthy relationship with nature and other people.

Enjoying the Extra Activities

Ideas for several optional activities are listed for each track. Choose and adapt the activities to suit the developmental stage of the children you are working with. The age references in the tables on pages 3 & 4 are provided as a starting point.

Age Range

Virtues in Me has cross-appeal to a wide age range, to suit family grouping situations. Some songs suit from approx 3 - 5yrs, some 3 - 7yrs, and others approx 6 - 9 yrs, etc. Where 'Mother Goose' melodies are sung, we add a wacky twist to appeal to older children.

Song Categories

Songs fall into 8 categories: *Circle Games*, *Musical Games*, *Action Songs*, (with gestures), *Listening Songs*, *Sing-along Songs*, *Puppet or Soft Toy Games*, and *Instrument Play-along Songs*

Activities

Activities fall into 6 categories: *Discuss*, *Create*, *Imagine/Visualise*, *Listen to or Sing*, *Practise*, *Read* – (suggested stories or picture-books) In the *Imagine/Visualise* notes, wording is given so the person leading the visualisation can simply read it out. Pause at the suggested places ..., 'tuning into' the children so they time to let their imaginations soar.

Concerns

Enlightened people today do not want re-packaged Victorian morality, based on fear, guilt, compliance, 'shoulds', sexism, racism, and preaching about goody-goody or naughty behaviour. Virtues Project resources are positive with a psychologically sound foundation, respecting the right of parents to choose which religious and cultural values are passed down to their children.

- Resources based on *The Family Guide* are designed for multi-cultural use and include quotes from the world's major religions and, in a low-key way, mention of God and the Creator.
- *Virtues in Me* and all the resources based on *The Virtues Project Educator's Guide* are secular.
- The Virtues Project does not promote the beliefs of any one faith.

Bilingual Resources

First Peoples

UCA also provides bi-lingual resources in English & Maori for Aotearoa, New Zealand. Flexible use of various languages is suggested in some of the songs and permission is granted for verbal translation in the context of a lesson. Please consult us if you wish to reproduce, in any way, translations of our resources.

Web Sites

Visit Universal Children's Audio at:
www.ucamusic.com

Visit *The Virtues Project* at:
www.virtuesproject.com



Feedback & Input

We welcome feedback and ideas for further resources you would value. Email, write or fax your ideas to us. You can also download our free catalogue from our website ...

Universal Children's Audio
Box 57 233, Mana
Porirua, New Zealand

Tel: 0800-500-885 Fax: 64-4-239-9976 email: info@ucamusic.com

T H E V I R T U E S
Virtues in Me!

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V1 Virtues in me and virtues in you
Like magical jewels, sparkling anew
Courage and Friendliness, Unity
Inside you and inside me!
If the virtue you're wanting seems to be hiding
Don't get in a spin – just look deep within ...

Chorus It's already there – just bring it out!
It's already there – just bring it out!
We're talking about a treasure that's free
The virtues in me!

V2 We're all using virtues every day
To help us enjoy our work and play
Honesty, Peace and Kindness too
Inside me and inside you
If the virtue you're wanting seems to be hiding
Don't get in a spin – just look deep within! ...

Chorus x 2



Hello Friends!

©2000 Radha Sahar

V1 Hello Friends! – glad you're here!
Kia Ora! Aloha! – glad you're here!
We can smile, talk and share
In friendliness today

Chorus Friends, friends, everyone
Good times, having fun
Count on me and you will see
I will be your friend

V2 Bonjour – glad you're here
Buenos Dias – glad you're here
We can smile, talk and share
In friendliness today

Chorus

V3 Konichiwa – glad you're here
(etc) Namaste – glad you're here
We can smile, talk and share
In friendliness today!

Chorus

Children!
What other language greetings can you sing?



Friendly Feet

©2000 Radha Sahar

- V1 I've got friendly feet that walk to your door
Friendly feet – that's what feet are for!
Friendliness is a cure for loneliness
Would you like to meet my friendly feet?
- V2 I've got friendly arms to link arms with you
Friendly arms – that's what arms can do
Friendliness is a cure for loneliness
I've got fingers and palms
On the end of my friendly arms
- V3 I've got a friendly smile right across my face
A friendly smile all over the place
Friendliness is a cure for loneliness
Friendship starts in style with a friendly smile!
- V4 I've got friendly feet that walk to your door
Friendly feet – that's what feet are for!
Friendliness is a cure for loneliness
Would you like to meet, would you like to meet
Would you like to meet my friendly feet?



This song is dedicated to Rochelle

G E N T L E N E S S

Gentle Old McDonald

©2000 Radha Sahar

- V1 Old McDonald had a farm, ee ii ee ii o
And on that farm he had a puppy, ee ii ee ii o
"Be gentle with the puppy" - Woof!
"I'm gentle with the puppy!" - Woof! Woof!
Old McDonald had a farm, ee ii ee ii o
- V2 Sheep ... baa 3 Cat... meow
- V4 Horse... neigh
- V5 Hen...
"Be gentle with the eggs" - Cluck! Cluck!
"I'm gentle with the eggs!" - Cluck, cluck, cluck!
- V6 ... and on that farm he had a field of prickles,
Ee ii ee ii OW!
"Be gentle on yourself – *Gentleness!*"
"I'm gentle on myself! – *Gentleness!*"



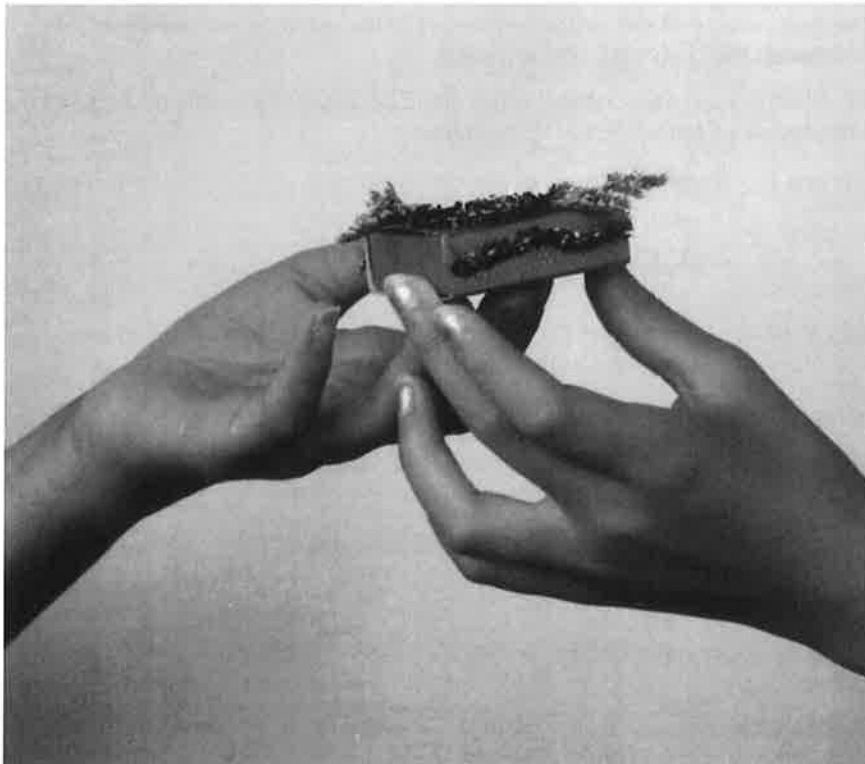
T R U S T

Pass it Round the Circle

©2000 Radha Sahar

V1 This little treasure, pass it round
Pass it round, pass it round
This little treasure, pass it round
Pass it round the circle

V2 Gently now! – I'm trusting you
Trusting you, trusting you
Gently now! – I'm trusting you
To handle it with care...



Three Kind Mice

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Chorus Three kind mice, three kind mice
 These mice dare to show they care!
 Squeak! squeak! on the run
 Doing good for everyone
 Kindness is lots of fun with the
 Three kind mice!

V1 Wriggle our tails, wriggle our tails
 Wriggle our tails everyone ...
 Now it's time for question one ...
 "How are you kind to your skin in the sun?"

Chorus

V2 Wriggle our whiskers, wriggle our whiskers
 Wriggle our whiskers everyone ...
 Now it's time for question two ...
 "What do you think is a kind thing to do?"

Chorus

V3 Wriggle our ears, wriggle our ears
 Wriggle our ears everyone...
 Now it's time for question three ...
 "How do you catch a mouse kindly?"

Chorus (from "Squeak! squeak!")

E X C E L L E N C E
Excellent Fish!

©2000 Radha Sahar

V1 1, 2, 3, 4, 5,
Fish plays the bass drum slow and quiet
(*play instruments with restraint for a while...*)

6, 7, 8, 9, 10
Fish plays loud and fast again...
(*play instruments unrestrained for a while...*)

Settle down fish! ...

V2 Medium speed, control the sound
Focus fish – don't fool around!
Practice *excellence* to be
A Fishy star on CD!

V3 Excellent beat, excellent tune
Aim real high – don't give up too soon
Practise, practise every day
The best you can is good enough – OK?

V4 Loud and fast ...
Quiet and slow ...

Now here's a test ...
Fast and *quiet* ...
Loud and *slow* ...
Excellent fish! – go!

Repeat verse 2
Now stop – yo!



So Orderly this Morning

©2000 Radha Sahar

Chorus Circle around the Mulberry bush
(sung after each verse) The Mulberry bush, the Mulberry bush
Circle around the Mulberry bush
So *orderly* this morning

(Coda) Everything has got a place
Let's create *harmonious* space!

V1 This is the way we make the bed
Straighten the covers, tuck them in...

V2 This is the way we tidy our room
Toys away, clothes away...

V3 This is the way we sort our things
This one here, that one there...

V4 This is the way we do the recycling
Glass in there, plastic here...

V5 This is the way we put things in place
Pile for this, shelf for that...

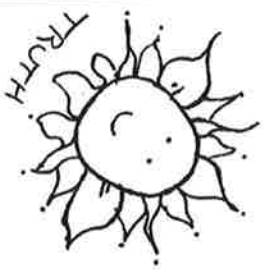
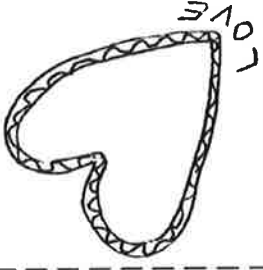




THE VIRTUES

Task or Message?

Photocopy Master

Children! Colour this in, then cut the square out and fold it up. Ask friends to help, or your teacher to show you the instructions in the *Virtues in Me* book. Here are the words: "Task or message, yellow or blue? Friend, which virtue do you choose? Task or message, red or green? Choose a virtue, then we'll see..."

 <p>Truthfulness</p>	<p>Task > Tell someone <i>truthfully</i> what you like about them.</p>	<p>Message > You are a helpful person. We love you.</p>	 <p>Helpfulness</p>
<p>Enthusiasm</p> <p>Message > You are enthusiastic about life! YEE GO!</p>			<p>Task > Give someone a hug.</p> <p>Caring</p>
<p>Task > Imagine you are very angry then act out a <i>good</i> way to express the anger.</p>	<p>Message > You are strong enough to do what is right.</p>	<p>Message > You are a patient person so any problems you have will have a peaceful solution.</p>	<p>Patience</p>
 <p>Gentleness</p>	<p>Task > Tell us about something you'd like different <i>but</i> you are tolerant about.</p>	<p>Task > Tell us about something you'd like different <i>but</i> you are tolerant about.</p>	 <p>Tolerance</p>

Old King Cole Was a Tolerant Soul

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V1 Old King Cole was a tolerant soul
 And a tolerant soul was he
 He called for the children in our class
 To play a symphony
 Now we don't know how Mozart goes
 And this is what we played ... *(Children play instruments)*

V2 Our orchestra is not like the ones
 You hear on the radio
 With steel drums from Jamaica
 And a bass from Ontario
 Drums from Samoa and Africa
 Make a special sound ... *(Children play...)*

V3 Our chime bells come from Austria
 Xylophones from Saigon
 English sleigh bells join
 The Indonesian gamelan
 Our cymbals come from India
 Tambourines from Rome ... *(Children play...)*

V4 Our teacher plays the accordion
 And we make our shakers here!
 Our maracas come from Mexico
 Our rattles from Zaire
 Castanets from Valencia
 Guiros from Brazil... *(Children play...)*

V5 Now Old King Cole can tolerate it all
 Though he was quite surprised!
 We didn't have any fiddles to play
 But still he gave us a prize!
 He accepted all the differences
 As we played our song again ... *(Children play...)*

L O V E

Two Little Love Hearts

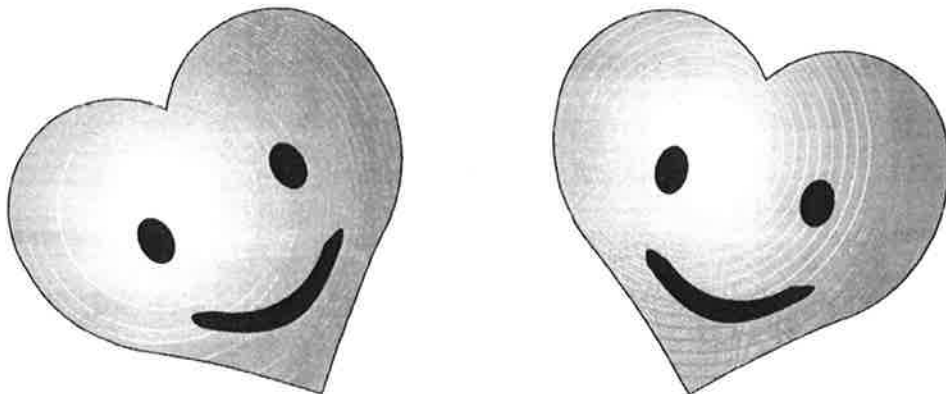
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V1 Two little love hearts smile and wink
One is red and one is pink
They came out to twinkle and sprinkle
Love for everyone

V2 They live in our hearts you see
Inside you and inside me
Giving the greatest gift for free –
Love for everyone!

Refrain Ding dong bell – Love is like a well
Deep and wide, feel it inside
Draw your love up and fill somebody's cup
Share the love you found
By spreading it around...

Ding dong bell – love like a well
Smile and wink for Red and Pink!



Use the above hearts as a photocopy master for 'Little Love Heart Stickers', and Finger-Puppets

L O V E

Love in my Pocket

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V1 I've got love in my pocket
I've got love up my sleeve
Love-light in my eyes
And love inside my knees
I've got love in my tummy
I've got love down my shoes
I'm full of love all over
And I'm sending some to you!

Refrain When you dive into the water
You get water everywhere
Well love flows just like water
It gets you everywhere!

V2 We've got love in our pockets
We've got love up our sleeves
Love-light in our eyes
And love inside our knees
We've got love in our tummies
We've got love down our shoes
We're full of love all over
And we're sending some to you!

Instrumental verse

Sing last 2 lines of verse 2 to conclude...



C O U R A G E
Courage is my Motto!
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V1 I've got a virtue inside me
And courage is it's name – o

Chorus C – O – U – R – A,
G – E, here to stay
I stand strong today
And courage is my motto!

V2 In the face of fear I stand
Strong and brave with courage....

Chorus

V3 Finding courage to put things right
I can face the challenge...

Chorus

Repeat V1

Chorus x2

(2nd time **We** stand strong)



C O U R A G E

Brave Willie Winkie

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Brave Willie Winkie won't be phased
Upstairs or downstairs in your P.J.s
Says with courage on a scary night
"Monsters – go away-
I'm turning on the light!"
So there!



Photocopy Master

Children! Write the receiver's name, and after 'for', write about the way you saw them show courage.
Colour the shield then give it to your friend.

G E N E R O S I T Y

Generous Black Sheep

©2000 Radha Sahar

Intro – *Generosity! Generosity!*
Shouted

V1
Generous black sheep have you any wool?
Clip! Clip! Clip! – three bags full!
Two for the factory for socks and mats
And one for (the children's) mittens and hats

So (the children) said...

V2
Thank you! It's so generous to share
All your wool so we can wear
Colourful woollies warm and snug
Everybody wants to give you a hug!
(Baaaaaaa...)



If You're Healthy and You know It

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V1 If you're healthy and you know it
Wash your hands... x2
Be a happy human 'bean'
Being healthy and clean
If you're healthy and you know it
Wash your hands ...

V2 If you're healthy and you know it
Clean your teeth ... x2
Be a happy human 'bean'
Being healthy and clean
If you're healthy and you know it
Clean your teeth ...

V3 I am healthy and I know it
And I think ... *clean thoughts!* x2
I'm a happy human 'bean'
Being healthy and clean
I am healthy and I know it
And I think ... *clean thoughts!*

Instrumental verse – make up your own words

V4 I am healthy and I know it
And I speak ... *clean words!* x2
I'm a happy human 'bean'
Being healthy and clean
I am healthy and I know it
And I speak ... *clean words!*

H E L P F U L N E S S
Helpful Humpty

©2000 Radha Sahar

V1 Humpty Dumpty sat on the wall
Humpty Dumpty had a great fall

~~~ ker – plonk! ~~~

Someone helpful I can guess  
Will pick up Humpty and clean up the mess

*Spoken* Who's been practicing helpfulness...?

V2 (You are) being helpful today, now  
Help our Humpty up again

("Humpty"  
voice!") ~~~ "Thank you! ~~~

(You are) helping me to learn  
Now someone else can have a turn!"

*Last verse* Imagine *Humpty* is there when you ask  
Helping out with every task  
When you help, Humpty helps you  
To be a "Helpful Humpty" too!



# Helping You is Helping Me

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*Chorus*                      *Helping you is helping me-*  
*(Chanted x2)*                      *A win-win situation!*

V1                      Now, Humpty Dumpty sat on the wall  
                             Fell down flat as you recall  
                             Once again the women and men  
                             Couldn't put Humpty together again

V2                      A helpful kid applied some glue  
                             Mended Humpty to look like new  
                             "Thanks" said Humpty standing so tall  
                             "I've had enough of that boring wall..."

*Chorus*

V3                      "I want help! What can I do?  
                             To be of service just like you  
                             Feeling useful, being on call  
                             Playing a special part in it all"

V4                      Now Humpty's helpful every day  
                             Helping in a real fun way  
                             And if the wall gets bored a lot  
                             Humpty helps by sitting on top!

*Chorus*

P A T I E N C E  
**Measure my Patience**

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|    |                                                                                                                                                                              |                                                                                                                                                                                                      |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| V1 | Measure my patience<br>It's easy you know<br>This is how I do it<br>I'm ready to go<br>I find a clock<br>Or my watch will do<br>When I need to be patient<br>I really try to | (Echo)<br><i>Measure my patience<br/>It's easy you know<br/>This is how I do it<br/>I'm ready to go<br/>I find a clock<br/>Or my watch will do<br/>When I need to be patient<br/>I really try to</i> |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*Refrain*

|                                                                                 |                                                                                           |
|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| I note the time<br>Then see how long<br>I can be patient<br>Quiet and strong... | <i>I note the time<br/>Then see how long<br/>I can be patient<br/>Quiet and strong...</i> |
|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|

*Pause the music, mark time and be patient...*

|    |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                             |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| V2 | How did I do?<br>I'll time myself again<br>I'll wait a little longer<br>And score ten out of ten!<br>I'll measure the difference<br>Make progress every day!<br>I am patient for longer<br>And things come my way!<br>Yes I'm patient for longer<br>And things come my way! | <i>How did I do?<br/>I'll time myself again<br/>I'll wait a little longer<br/>And score ten out of ten!<br/>I'll measure the difference<br/>Make progress every day!<br/>I am patient for longer<br/>And things come my way!<br/>Yes I'm patient for longer<br/>And things come my way!</i> |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

*(All together) Yey!*



# The Patience Song

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V1            We can be patient, we can wait  
               Even if Dad's a little bit late  
               We can have fun waiting for Mum  
               To take us home today

V2            Some things take time you see  
               Like planting a seed to grow a tree  
               That's how patient we can be  
               While we wait today

*Chorus*            Practising patience makes me strong  
                       Clap my hands and sing a song  
                       What'll we do as we wait a bit longer  
                       On the mat today?

Ongoing            *(Twiddle my thumbs) while we wait x3*  
 Verses            On the mat today!            *(Choose actions...)*

*Chorus*

Concluding        (We were) patient, (we) could wait  
 verse            Even though they were a little bit late  
                       While we waited (we were) great  
                       At practising patience today!

# Listen!

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- V1      Listen! Can I give my full attention?  
          Listen! To another as a friend  
          Listen! And improve my concentration  
          Listen! Listen! Listen!
- V2      Listen! Can I hear without interrupting?  
          Listen! Can I hear without giving advice?  
          Listen! Can I be your quiet companion?  
          Listen! Listen! Listen!

~ ~ ~ ~ ~ ~ ~ ~ ~

- V3      Listen! When I close my eyes I notice  
          Listen! Many sounds I hadn't heard  
          Listen! To the many sounds around us  
          Listen! Listen! Listen!
- Listen! When I'm on my own in nature  
          Listen! To the peaceful sounds around  
          Listen! Nature is a quiet companion  
          Listen! Listen! Listen!

