

Positive Action.

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Theme Songs

Positive Action Theme Song

Chorus

I am a positive, a *Positive Action* kid.
That's what I am. That's how I live.
I am a positive, a *Positive Action* kid.
That's what I am. That's how I live.

Verse 1

I smile, I help, I learn, I love,
I hug, and I care.
I am positively happy,
and that is why I share.
I have those positive feelings
like kindness, glad, and strong.
That's why I feel like I belong.

Verse 2

I have those positive thoughts that help me
think and dream and grow.
I am positive, and that is how I know.

Repeat Chorus Twice

Self-Concept Song

Chorus 1

Self-concept is a word that
seems too big to understand,
but simply it is how we feel
about ourselves.

It's something that's important you should know about, my friend.
Let's see if we can learn and comprehend.

Verse 1

Everyday I have choices to make,
and with my choices an action I create.
My actions lead to feelings that can be wrong or right.
If I choose wrong, I feel I don't belong.
If I choose right, I feel good inside.

Chorus 2

Self-concept is a word that
seems too big to understand,
but simply it is how we feel
about ourselves.

It's something that's important, we all need to comprehend.
It's time our journey begin.

Thoughts-Actions-Feelings

Chorus

Thoughts, actions, feelings;
they go 'round and 'round.
One leads to another;
this is what I've found.

Verse 1

When I think a good thought
I make my dream come true.
I take a positive action,
then my good feelings shine through.

The thought, if it's a bad one,
can bring negative actions out,
sending dark and stormy feelings
filled with gloom and doubt.

Repeat Chorus

Verse 2

I know I can do it;
I try and I succeed.
I feel so good inside;
I'm happy to be me. Oh,

Repeat Chorus

Children are the Hope of the World

Chorus

Children are the hope of the world.
Here's a wish for every boy and girl:
Live your dreams; find out what life really means.
Children are the hope of the world.

Verse 1

A newborn baby cries. Mother wipes the tears from her eyes.
The years they flow; we watch them grow.
Now they give life to us, exchanging time for love.
Children are the hope of the world.

Verse 2

Look at their innocence. Our time is well spent.
All it takes is a smile to make it worthwhile.
Can you see the joy they bring, feel the love when they sing?
Children are the hope of the world.

Verse 3

May time never erase the light we see in the face of a child.
They are tender and true, given to me and you for a while.
Oh, the love of a child, the love of a child, the love of a child.

Verse 4

We could never have known the things we've been shown.
Lessons precious, few, taught to me and you by a child.
Something we can't take for granted,
We must all understand it.
Children are the hope of the world.

Repeat Chorus

Unit Songs

Self-Concept Unit Song

To think good things, to do good things:
that is what self-concept means.
Then good feelings come around,
unless things are turned upside down, upside down.

To think bad things, to do bad things:
that is what self-concept means.
Then bad feelings come around,
unless things are turned upside down, upside down.

I think good things, I do good things:
that is what self-concept means.
Then good feelings come around,
so let's not turn things upside down, upside down.

There are only two choices to make,
and sometimes we all make mistakes.
But there is no in between; we are positive or negative.
Do you know what I mean?

We think good things, we do good things:
that is what self-concept means.
Then good feelings come around,
so let's not turn things upside down, upside down.

We don't need a frown;
we'll smile and spread sunshine all around!

Take Care of You

If you had something special, would you treat it right?
Of course you would, and you should. So what about you?
Me? Yes, you!

You are someone special, so take good care of you.
Take care of your body;
eat good food and exercise to stay healthy.
Don't fool with things that bring you harm,
like drugs and alcohol.
If you do, you can bet, you're sure to take a fall.
Take care of you, take care of you.

Keep yourself clean; use good hygiene.
Get enough sleep and rest.
Have some pride; you'll feel good inside,
and you will look your best.
It seems the obvious thing to do,
but positive actions help to remind you:
take care of you, take care of you.

Take a bath, and wash your hair.
Brush your teeth, and go to bed.
Eat good foods, and exercise.
No harmful things if you are wise.

Take a bath, and wash your hair.
Brush your teeth, and go to bed.
Eat good foods, and exercise.
No harmful things if you are wise.

You are someone special, so take good care of you.
You are someone special, so take good care of you.
You are someone special, so take good care of you.

Learning to Learn

Chorus

Learning to learn is like a page that you turn
every time you read a book.

With each page that unfolds new stories are told,
just open up and take a look.

Verse 1

Go ahead, be curious; seek and you will find.
Be creative; let it stimulate your mind.

Improve your memory, now don't forget;
you are learning to learn, and you're not finished yet.

Of course, you'll never finish; there are problems to be solved.
Exercise your learning; let the positive revolve.

Repeat Chorus

Verse 2

You can climb mountains with the things that you learn.
When you share it with others, it's like taking a turn.

It's part of the circle that goes 'round and 'round.
When you're learning you help others to move up
instead of down.

So don't stand still when there's a mountain you can climb.
You'll make it to the top if you go one step at a time.

Repeat Chorus Twice

Managing Me

Chorus

Managing me is the way it can be;
I want to be one of the very first rank.
I can work very hard, and I can do my part,
and it's positive actions I can thank.

Verse 1

A good self-concept is the reward I earn
when I listen to my feelings and then use what I've learned
to manage my emotions; other resources, too.
I know it's up to me to do the best I can do.

Happiness grows through responsibility
when my positive actions help to manage me.

Positive actions help me manage time,
manage possessions, keep them looking fine;
help me with thoughts, actions, feelings, too,
and manage energy in talents I pursue. Oh,

Repeat Chorus

Verse 2

A good self-concept is the reward I earn,
for I pay attention and apply what I've learned
to manage my emotions; other resources, too.
I know it's up to me to do the best I can do.

Happiness grows through responsibility
when my positive actions help to manage me.
Managing me. Managing me.

Gifts & Gifts & Gifts

Everyone has resources to manage.
Another word for resource could be gift.
When I learn to make positive choices,
it brings me happiness and success.

Oh, I have gifts and gifts and gifts.
Yes, I have gifts and gifts and gifts.
Oh, I have gifts and gifts and gifts.
What do I have? I have gifts.

I am someone special, though I'm not wrapped in a bow.
But I'm gifted with many resources of which I can control,
eight gifts that come with life, eight treasures found in me.
And every gift helps me be whole when used positively.

Time, talents, money, possessions, energy,
thoughts, actions, feelings, are all a part of me.

Time we can use today before it flies away.
We each require energy to help us through the day.
Talents, our flowers unfolding, beauty we can share;
possessions are the things we use, the things we treat with care.

Money we can earn and save to buy the things we need.
Thoughts are seeds a growing, to our actions they will lead.
Actions are the sprouts to feelings, good or bad, sour or sweet.
Feelings are the harvest of the words and things we do.
You know it's true.

I share my gifts and gifts and gifts.
I share my gifts and gifts and gifts.
I share my gifts and gifts and gifts.
What do I share? I share my gifts.

Emotions

I have many emotions inside of me;
they flow like a river, and they're deep as the sea.
They can flood; they can trickle; they can ebb or swell.
They tell me when I feel bad or when I feel well.

My emotions are something that happen naturally,
but how they are used is part of managing me.
Looking closely at them will help me to see
what actions I can take positively.

Inside me are emotions of every kind:
loneliness and worry, jealousy and pride,
gratitude and love, anger and fear.
No matter what season, emotions will appear.

I listen to emotions whether weak or strong;
my emotions are signals for what's going on.
When I know what's inside of me I know how to choose:
I choose positively; then I make a move.

Emotions are a part of life, a resource I can use;
they help me to know myself, help me to know the truth.
When I feel good about myself and what I do,
a positive self-concept comes shining through.

When I manage my emotions every day
I'm learning how to live in a positive way.

Get Along

Come on, friends!

Get along, get along, get along,
and you will learn by singing this song.
Everything goes 'round and 'round,
and positive actions we have found
help us get along with others, help us
get along, get along, get along.
Get along, get along, get along.

Looking for the good in others,
thinking how others feel.
Smile and say "hello"; don't hesitate.
You know how good you feel
when someone's friendly to you, and
get along, get along, get along.
Get along, get along, get along.

Be kind by helping others.
Share and cooperate.
These are the keys to feeling great and
getting along, get along, get along.
Get along, get along, get along.

Treating others positively,
that's the way I'd like them to treat me
so we can get along, we can
get along, get along, get along.
Get along, get along, get along.
Get along.

Self-Honesty

Self-honesty is reality,
knowing who I really am inside.
I cannot blame others for choices that I make.
I can just admit when I've made a mistake.
I cannot make excuses, but I can keep my word.
If I am honest, when I speak I shall be heard.

Self-honesty is opportunity, the chance for us to really grow and learn.
I take the right path when I tell myself the truth.
I am honest with others when I'm honest with myself first.
My life's an open door when I live honestly.
It gives me honor; it gives me strength.

I have the courage to be me.
Sometimes it's the hardest thing to do,
but you feel so warm inside when to your heart you're true.
Many good things will come to you
and you'll begin to see
your self-concept grow and grow,
when you live honestly.

Improve Myself

Chorus

I can improve myself; positive actions help me grow.
Reach for the stars; just get up and go
by setting goals and taking one step at a time.
How am I doing? I'm doing fine.

Verse 1

When I use self-honesty
I can choose my goals more positively.
I take a closer look at who I really am.
I write down my goals, then act out the plan.

Verse 2

I should improve myself each and every day.
Sometimes it's risky and I'm frightened, I must say,
but my fear of failure must be overcome.
Obstacles are opportunities waiting to be won.

Verse 3

I have courage; I'm not afraid to try.
I've got to reach my potential, no time to be shy.
I'll be persistent; I won't sit up on a shelf.
I'll spend my time improving myself.

Repeat Chorus

Review Again

Chorus

Let's review it again, come along my friend.
There's no need to hesitate.
We've been taught and now that we know,
it's up to us to keep it straight.
Come along, come along, come along, my friend.
Review again.

Verse 1

Positive actions are the way to go.
We've been taught and now that we know,
self-concept is the way I think about myself.
Learning to learn, hey, take care of you.
I have gifts and gifts and gifts;
I have emotions, too.
I'm managing me.

Verse 2

I get along, get along, get along, get along.
I understand self-honesty.
I'm trying to improve myself; the results are clear to see!
And my thoughts, actions, feelings
go 'round and 'round positively.

Repeat Chorus

Level 1 Songs

Grumpy Grouch/Bright Sider

Grumpy Grouch, Bright Sider; Grumpy Grouch, Bright Sider.
Grumpy Grouch, grump, grump, Grumpy Grouch.
Bright Sider, bright, Bright Sider.

Oh, there can be two sides to me;
one is grumpy as grumpy can be.
The other one's happy, as happy can be;
if I choose positive, then I'll be free.

Grumpy Grouch, grump, grump, Grumpy Grouch.
Bright Sider, bright, Bright Sider.

What do you think is the thing to do?
Well, get rid of one; we don't need two.
Bye-bye, bye-bye, bye-bye.

Grumpy Grouch, grump, grump, Grumpy Grouch.
Grumpy Grouch, grump, grump, Grumpy Grouch.
Grumpy Grouch, grump, grump, Grumpy Grouch.
Grumpy Grouch, grump, grump, Grumpy Grouch.

Be a bright sider; it's the way to go.
It's the way to live; it's the way to grow.
It takes some effort; think positively.
It can be done, just try it and see.

Bright Sider, bright, Bright Sider.
Bright Sider, bright, Bright Sider.
I'm bright!

I'm the Best I Can Be

Chorus

I'm the best I can be, oh yes-siree,
and the reasons why are plain to see:
I am delightful, I am full of love,
I like who I am and what I'm made of.

Verse 1

There are many reasons why I should feel this way.
Making good choices helps me to say,

Repeat Chorus

Verse 2

If I have a choice to make I'll think and do what's right.
This will keep me feeling all sunny and bright.

Repeat Chorus

The Treasure

Verse 1

A precious treasure, you'll find,
is not buried in a gold mine.
For "X" marks the spot when you look at me;
the light in my heart on the outside you'll see.

All the things that I think and the things I say,
the way that I manage what comes my way,
through positive actions my prize shall be;
I have found the treasure is peace.

Verse 2

And I will share my treasure with you:
I am positive in what I choose.
I'm not made of diamonds or pearls,
but my happiness sparkles into the world.

I'm worth more than jewels, obviously,
because I do what is right.
Treasure-bringing delight
comes from self-harmony.

Important Things First

Verse 1

Important things first is the way to go,
and I've found a way that I can know
what is best for me to do
when I must choose one instead of two.
Oo, oo. Oo, oo.

Verse 2

There is time in every day,
some time to work and time to play.
Planning is the way, you see,
I figure out what's best for me to do.
Oo, oo. Oo, oo.

Verse 3

First there is the work to do,
then time to play and have fun, too.
When I'm done there's room for fun,
and this makes great play for everyone.
Oo, oo. Oo, oo.

Verse 4

Here we go 'round, and skip with me.
Sing this song; it's great to be
learning how to manage time,
making good use of what is mine.
Oo, oo. Oo, oo. Oo, oo, oo, oo, oo, oo.

I'm Responsible

Verse 1

I take special care of my things everywhere.
I am learning how to be responsible.
I know it seems that they're just things,
but treating them well, what joy it brings,
because it shows that I'm responsible.

Verse 2

Something that we use and share
is something we should treat with care
whether it is yours, mine, or ours.

Don't put it off, and don't delay;
just pick it up; put it away,
because it shows that we're responsible.

Repeat Verse 2

Repeat Verse 1

I Am Thankful to You

I am thankful to you for all the things that you do.
I've noticed you've been helping me,
and I wanted to say, "Thank you," today.
You're a very good friend, indeed.

I'm sure you feel good inside about the things that you do.
When I say, "Thank you," I feel good, too.

A positive reaction from you and me
helps keep us feeling positively.

I will do my best so that you can see
the gratitude I feel toward you from me.
You've done a good deed; you should be proud.
I don't mind saying right out loud:

I'm sure you feel good inside about the things that you do.
When I say, "Thank you," I feel good, too.

A positive reaction from you and me
helps keep us feeling positively.

I will do my best so that you can see
the gratitude I feel toward you from me.
You've done a good deed; you should be proud.
I don't mind saying right out loud that

I'm thankful to you for all the things that you do.
I've noticed you've been helping me,
and I wanted to say, "Thank you," today.
You're a very good friend, indeed.

Code of Conduct

I will treat you the way I'd like you to treat me.
I'm going to do it positively.

This is my code of conduct to help me get along,
working with others whether right or wrong.

And I know that sometimes we may disagree,
but we can work it out.
I'll be kind to you, and you'll be kind to me.

It takes a little effort on all our part.
But I'll go first; it's a responsible start.

This is my code of conduct, you might say.
I'm going to live it every day.

I'll be fair; I'll be kind;
I'll treat you with respect.
You can count on me;
you can count on me,
you bet!

Go Ahead, Make a Choice

Go ahead, make a choice;
you can have a voice;
you can think and then decide.
Stand up for what is right.

It's time to move; play it cool;
you know you're not a fool.
Choose wisely things you say and do;
take your time and think it through.
Don't be afraid; today's your day;
get up, get on your way.
You know good deeds are up to you;
think positive; be happy, too.

There's no doubt about it;
you know that you can do it.
Put your heart into it;
your best will shine right through it.

When you are done,
you'll see that you have won.
Do it again!

Repeat

One Step at a Time

One step at a time,
just make up your mind.
Set your goal and keep it straight;
get busy, don't procrastinate.

Set your goal, then measure up;
you're going to make it to the top.
Don't get discouraged, you'll do fine;
you'll get it done just right on time.

You can do it, I know you will,
even if the climb is straight uphill.
You will make it, you'll do great;
think about it, concentrate.

It's up to you to set the pace;
see it through, you'll win the race.
Others will help you get along;
no time to worry, just be strong.

One step at a time,
just make up your mind.
Set your goal and keep it straight;
get busy, don't procrastinate.
You're great!

Sharing Is Caring

Chorus

Sharing is caring and now we cooperate.
It's easy to do if we communicate.
Simply I'm telling you how it can be
when we work together positively.

Verse 1

While we are at it, we'll make good friends.
How things turn out will just depend
on how we are helping each other out.
We can do anything, no doubt.

Verse 2

Working together is such a treat
when we cooperate and not compete.
I know I can do it, and I know you will.
Accomplishing this task is a great thrill.

Repeat Chorus

Singles

I'm Proud to Be Me

Chorus

Hey, look me over. I'm proud to be me!
My perception of myself is strong as it can be.

I choose positive actions for body, mind, and heart,
and if I'm ever down and out I know just where to start.

Verse 1

I work hard on my gifts and tell myself the truth.
I'm growing better day by day though
I'm still in my youth.

Repeat Chorus

Verse 2

I treat all of my friends with actions fair and true,
'cause when I treat others positively I learn to like me, too.

Hey, look me over. I'm proud to be me!
My perception of myself is strong as it can be.

I choose positive actions for body, mind, and heart,
and if I'm ever down and out I know just where to start.

If I'm ever down and out I know just where to start.

Give It Your Best

Chorus

Give it your best; don't let anybody tell you you can't do it.
Give it your best; you've got so much you can offer the world.

Verse 1

If you'll look you'll find a way to change their minds.
Happiness will follow you if you'll shine, shine, shine!

Repeat Chorus Twice

Verse 2

Remember that we're in this world together.
Let's keep keeping on and never say never.
You've got the chance of a lifetime if you'll try.

Repeat Chorus Twice

Hold On to Your Dreams

Life's an awesome scramble when you decide to gamble.
Hold on to your dreams!

Courage and persistence will lead to independence,
so hold on to your dreams!

Hold on to your dreams can really come true.
You can bet that your best future is you!

You can be all you can be; it only takes self-honesty
to hold on to your dreams!

Life can be real special when you live up to your potential
to hold on to your dreams!

You have choices; there are goals you can reach.
If you think and act and feel positively.

Hold. . . .
Hold on to. . . .
Hold on to your. . . .
Hold on to your dreams!

Life's an awesome scramble when you decide to gamble.
Courage and persistence will lead to independence.

You can be all you can be; it only takes self-honesty.
Life can be real special when you live up to your potential.

Hold on to your dreams!