

MY GUIDE TO FINDING THE TOOLS THAT WORK FOR ME

Ready4LearningClub™
BackPack4YourMind MusicalToolkit

It's your tools, grasshopper:

Backpack4YourMind MusicalToolkit

THIS WAS IN MY HEAD - Vol 1.

*- a kid's guide to getting the life you want
by choosing the right tool for every job*

Ready4LearningClub™

Created by Angela L. Lindsay for Ready4LearningClub™.

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Hello Dear Reader!

I'm Angela Lindsay, and I'm excited to share this complimentary downloadable Activity Guide for Volume 1 of our resilience and emotions management musical toolkits.

Back in 2003 I served as school counselor at Gadsden Elementary School, in Savannah, Georgia. Many of the children sent to the counselor's office were struggling to learn because they had major distractors, 'things in their heads' that often prevented peak performance learning from happening.

As I began sharing music and songwriting as tools for creating resilience and managing emotional trauma; I noticed something amazing. These incredible boys and girls began realizing they could create resilience, and the most exciting part for all of us was that, **they could do it for themselves**. All they needed was to know that there was a 'backpack for their mind toolkit', and how to use it.

Building on this awareness, I started the Ready4LearningClub, a 5 minute every morning "check up from the neck up" activity before learning started. We showed students how to use writing and music creation to manage emotional distractors and prepare for learning. With this amazing and creative group of children, parents, teachers, community business partners and volunteers; in May 2005 we released –

"THIS WAS IN MY HEAD, Vol. 1 . . .

A kid's guide to getting the life you want by choosing the right tool for every job"

Enthusiastic community response prompted an invitation for the *Ready4LearningClub* to perform for over 1,500 children at the Savannah Music Festival the following year. We learned fifteen years ago that children can overcome devastating challenges. They just need to know how.

This Activity Guide is an easy to follow road map of how to strategically choose and then use each of the sixteen musical tools in our Volume 1 toolkit. This ebook can be used as a self-guided independent activity guide for older elementary students (grade 5). With younger children (K-4) this guide works best when parents or teachers do the activities, homework assignments, and discussion sections with the younger student.

For the children,

Angela Lindsay, Chief Storyteller and Songwriter
Ready4LearningClub

What do you do, when you don't know what to do?
What do you do, when you just don't know?

Ready4LearningClub – It's what you do, when you don't know what to do.

Ready4LearningClub™

Backpack4YourMind Toolkit and Manual

THIS WAS IN MY HEAD - Vol 1.

*- a kid's guide to getting the life you want
by choosing the right tool for every job*

A Self-Guided, Step-by-Step Music and Writing Strategy For -

Elementary Learners
Parents Who Are Now Teachers
Teachers Who Are Still Teachers

The Grasshopper's Secret

Once upon a time
a little grasshopper stopped hopping long enough
to ask a happy and wise old grasshopper
what the secret was to living a happy and wise life.

"Is the secret to have the best legs for hopping?"
No, said the wise old grasshopper.

"Is the secret to be the strongest, bravest grasshopper?"
No, said the wise old grasshopper.

"Is the secret to be the smartest, most beautiful grasshopper?"
No, said the wise old grasshopper.

"I can't think of anything else it could be.
Tell me, wise grasshopper, what is the secret to living a happy and wise life?"
The little grasshopper asked.

The happy and wise old grasshopper
looked at the little grasshopper for a long moment
"I'll tell you the secret, and when I do, little grasshopper
you will spend the rest of your life
learning all the ways you can make this secret work for you."

As the happy and wise old grasshopper hopped away, he called back
over his shoulder to the little grasshopper -

It's your tools, grasshopper:

It's your tools!

Dedication

This USER'S MANUAL is dedicated to children who dream. Sometimes, maybe even right now, it may not seem like it to you, but you really do have everything you need, to get just about anywhere you want to go, **WHEN** you figure out **HOW** to use the right tool for every situation. You can be anything you want to be, all you need is your very own, special me, special plan. Begin today, right now, creating your very own individual success plan. Find out how good it feels when you are ***Powerful and In Control, 10 Times!***

You Can Do This!

I'M NOT SURE IF THIS USING TOOLS STUFF IS GOING TO WORK FOR ME, BUT I'M WILLING TO GIVE IT AN HONEST TRY, AND FIND OUT FOR MYSELF.

Student Signature by _____

Parent Signature by _____

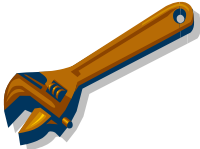
Date _____

It's your tools, grasshopper:

Great! Let's get started.

**Let's talk about tools. What are they?
What do we use them for?
What are some examples of tools we use.**

Take your musical toolkit (CD) out of it's case.



Musical Toolkit



Question: How is a music CD a musical toolkit?

Answer: Each song on this musical toolkit is a powerful success tool. You will have a chance to try each tool. If it is a powerful tool that works for you, you can put it into your 100% SUCCESS, EVERYDAY! personal toolkit you are creating.

Whenever we get together to try out tools, we're first going to practice using the tools you've already learned, to get you feeling how you want to feel. This will clear out stuff that takes up your thinking and learning space, and free up lots of energy to put toward the goals and dreams that are important to you. Then we'll try out new tools, and you can see for yourself how they work for you.

Are you ready?

Let's get started!, take a slow, deep relaxing breath (this is gonna be fun!) and join the GRASSHOPPER GROOVE on the next page >>>

Grasshopper Groove!

Remember the wise old grasshopper's secret? *It's your tools, young grasshoppers!* When we do the Grasshopper Groove, we are young grasshoppers who hop, jump, and skip. We are moving, feeling, singing about, and practicing powerful tools. We don't even sit down until we do our "check-up from the neck-up" and start feeling our power when we let these tools do a lot of the work we've been trying to do by ourselves. If you're ready, let's do the Grasshopper Groove!

(wise grasshoppers know the secret- you are wise; do you know it yet?)

Grasshopper Groove

(Little G.'s Rap) I'm a little grasshopper with a secret to sing
I can live out my dreams Cause using tools is my thing

I Do the Grasshopper, Grasshopper, Grasshopper, Grasshopper
Grasshopper, Grasshopper, Grasshopper GROOVE! (repeat)

Get in your groove	Walk it out, Walk it out,
Get in your groove	Walk it out, Walk it out,
Get in your groove	Walk it out, Walk it out,

Do the Grasshopper Groove - Walk-it-out, NOW HOP!

More verses -

1. HOP it out! 2. BEAT it out! 3. DANCE IT OUT!
4. TWIST IT OUT! 5. SHAKE IT OUT!
6. ROCK IT OUT!

Grab Your Groove, Grasshoppers!

After we do the Grasshopper Groove for a while, we do our "**check up from the neck up**". Are we 100% ready to be successful going after our dreams, right this minute? If we're not 100% ready, what can we do real quick to get our minds clear and focused on what we want? Tools we can use right away include (different positive messages we can say to ourselves, relaxation and breathing tools, music, "Hold This For Me", and other tools we'll learn and try out together.)

BackPack4YourMind MUSICAL TOOLKIT CONTENTS

Tools for Figuring Out How You Feel & What You Can Do About It

1. This Was In My Head (T's Lullaby)
2. What About Me?
3. I Feel Like a Motherless Child/Gone Too Soon
4. If I Can, You Can

Tools for Figuring Out What You Want Right Now (AND next year AND the year after that AND the year after that AND)

5. What Do You Want?
6. All I Need Is My Plan

Tools for Getting Power from Music & What You Say to Yourself

7. I Go To the Music
8. Powerful AND In Control, 10 Times (energize me!)
9. Powerful AND In Control, 10 Times (focus/relax me...)

Tools for Empathy and Seeing Stuff Through Other People's Eyes

10. Are Teachers PERFECK?
11. What Made Me Wanna Be A Teacher Anyway?
12. Doesn't Anybody Believe In Love Anymore?
13. When Someone Is Hurting

Tools for Resilience & Staying Strong: Whatever Happens In Your Life

14. Today is the Best Day!
15. I Think I Better Use A Tool
16. You're A Winner (if YOU think you are)

**What's your "how I feel
right now" number?**

Is it 1 or a 100?

Is it high - Is it low?

What makes it so?

Write your number right here

my # is _____

date _____

**What makes our #'s go < or >,
and what can we do about it?**

**Flip over to the 1st page of your
GetItOutOfMyHead! writing tool
and write a poem about it, right now.
Welcome to *Ready4LearningClub!***

Tools for Figuring Out and Managing Your Feelings

All of us sometimes feel bad, or sad, or mad inside. Everybody gets those feelings. Sometimes when those feelings take up too much learning space in our heads, they can keep us from feeling like we're 100% ready for learning. Has that ever happened to you? _____ Write down at least 3 tools you know how to use to get rid of those bad feelings, and get you feeling like you want to feel - 100% ready for a great day!

1. _____

2. _____

3. _____

As you go through this tool guidebook you are going to experiment with using lots of different tools so you yourself (and no one else) can control your thinking and learning space. You are going to write about the tools you try out - how they make you feel, and if they help you do what you want to do. You are going to find out lots of things about yourself that you didn't know before, and you're going to use everything you learn to create your own individual success plan. Success plans will make it easier (and even fun!) to get where you want to go. Anywhere you dream, you can go. Anything you dream, you can do. Are you ready? If you are, **COME ON, LET'S GO!**

It's your tools, grasshopper:

Part 1. Tools for Figuring Out How You Feel

Musical Tool Number 1. This Was In My Head (T's Lullaby)

- If the Pillsbury Doughboy came to life as a little boy, and was made from chocolate milk instead of white marshmallows, with a distant, angry look in his licorice traced eyes and mouth, his name would be T. He's in the 2nd grade and has just been deposited in front of the school counselor, (that's me) for stabbing a classmate in the neck with a pencil. Because T. used his pencil as a weapon, two kinds of police have been called; school police who don't carry guns, and city police, who do. This is going to be serious. T. is only 8 years old, but he seems to carry the strong rage of a full grown man who has had a lot to be angry about. Can you imagine what that feels like? Write what you imagine it feels like, on these lines.

T. sat slumped over in his chair; his eyes never leaving the floor. His hands were formed into fists. He took turns hitting his head and then hitting his thigh. He softly chanted "I HATE YOU!" over and over. He didn't want to say anything to me, and he didn't want to hear anything from me. The police would be coming for him in about 10 minutes. What could I offer him in less than 10 minutes that could help him get himself through so much anger and pain? Although he was just 8 years old, no one else could do it for him; he was responsible for how he chose to handle his rage; and he would receive the consequences for choosing wisely, or unwisely.

I thought about what I do when I feel angry and hurt, and worthless; about the tools I use to help get me through. If T. could grab hold of these tools, the same tools that had helped me for so many years, for the rest of his life no one else but T. would be in total control of his head, and of his life. T. would be able to go through terrible, horrible, very bad things that sometimes happen for no good reason to great kids, ***except that sometimes they just do***. If he began to find out about it now, T. would be ahead of the game many adults still do not know how to win. We had less than 10 minutes. I wondered if that would be enough time. Whether it was or not, it was all we had. We would have to work fast. I opened the door and invited the newest member of the *Ready4LearningClub* inside.

Tools for Figuring Out How to Change a Bad Feeling **Using Musical Tool #1, *This Was In My Head (T's Lullaby)***

This Was In My Head (T's Lullaby)

(a poem by Tyrae Jenkins)

In my head I am a king of love

In my head I keep the children safe

In my head I want to free all things from my brain

In my head I love everybody

In my head I will try to be good in school

God will give me strength

If I try.

© 2005 Tyrae Jenkins

1. Read T.'s Lullaby above silently, and then out loud. What do the words mean to you?

2. Listen to this 1st tool on your musical toolkit, *T's Lullaby*. How do you feel when you listen to T's words with music?

3. What about T's words and the music they float in, make Musical Tool #1 a powerful tool to calm yourself down and relax?

4. Let's try using the ***GETITOUTOFMYHEAD!*** tool. Write down what's in your head that keeps you from being 100% ready for learning, everyday. Use only 5-7 minutes to try out this tool.
5. Did anything you don't like come out? ***GETITOUTOFMYHEAD!***

So, What ever happened to T, after he used the **GETITOUTOFMYHEAD!** tool?

TYRAE - "In my head I am a king of love"

After T. was dropped off at the counselor's office to wait for the police to come and get him; he didn't look at or want anything to do with me. He certainly was not going to use the **GETITOUTOFMYHEAD!** tool on his own, even though he had a lot of bad feelings he needed to clear out of his learning space. What other tool could I use to adapt this tool, to make it a useful tool for T.? Write your guess on the line below.

It's your tools, grasshopper

Hmmmmm. . . . **Did you guess** that I asked T. to pretend he was the boss and I was his secretary, and that he was going to dictate a letter to me, that I would type, exactly as he gave it to me? **If you did, you were right!** The letter was to be about 'what was in his head'. For the first time since he had been sitting next to me T. looked at me, in my eyes, and dictated "T's Lullaby" to me in about 5 minutes as I typed it on the computer. I had just enough time to print him 2 copies of his poem, and then the police came, put him in handcuffs, and took him away. I wondered if I would ever see him again.

Do you think I did see T. again?

Talk about it with the older person with whom you are going through this guide. Hmmmmm

Find out on the next page

If you guessed that I did see him again, **YOU ARE RIGHT!!!!**

The next time I saw T. was after a school meeting when everyone talked about the out-of-control things T. does when he doesn't use tools to stay in control of his temper. It was very hard for T. and his parents to hear so many bad things about him. Was there anything to feel good about?

After everyone at the big meeting left, I asked T. and his father and mother to gather around the piano. I created a musical tool from T's own words and I sang his words back to him in a soothing lullaby.

Listen to Musical Tool #1 again, now. - - - - - Now continue reading

When T. heard his words with music for the first time, something amazing happened. T. and his mom and dad connected past his angry violent behavior; to the little boy who in his head was a **"king of love who wanted to free all things from my brain"**. T's family left school prepared to work together to help T. become the 'king of love' he wanted to be, in his head. T. was given a rough CD draft of his musical tool that afternoon, so he could use it as a tool to help manage his feelings.

His parents were also shown how to take *"Consonant & Vowel Movement"* (CVM) poetry dictation, to help their son start a regular habit of clearing toxic clutter from his brain, his learning space. (We'll learn more about how to use CVM later. For now, just think of it like going to the bathroom, for your brain.) T. understands how our minds need a mental bathroom break, just like our bodies need a physical bathroom break. He knows that having a daily mental "vowel movement", to get bad things out of his head to open room in his brain for learning, is as important to feeling good as having a daily physical bowel movement. Can you imagine how bad your stomach would feel if you couldn't go to the bathroom for 2 or 3 days? Now imagine your brain needing to go CVM, and how bad that would feel to not be able to get the poisonous, bad stuff out. Not a good feeling, at all . . .

When T. feels he is losing his control, he asks his mom to put his musical tool on the CD player. He told her it *"helps me feel the boy who feels peace inside me"*. T. is beginning to experience how powerful and in control of himself he is when he chooses the right tool for whatever life throws at him.

THINKING QUESTION: When we choose a powerful tool like music, we still have to choose which style of music we're needing from the tool, to get the most power from it. When we created a musical tool out of T's poem, why do you think we used a slow, soothing lullaby, instead of the faster drums and rhythm, more up-tempo musical styles we used on other songs in our musical toolkit? Hint: Did T. need music that helped him feel energized and more speeded-up; or relaxed and more calm and peaceful?

Think about yourself right now. Excellent young man, amazing young lady. Think about HOW you feel right now, and how you WANT to feel right now. What words would you love to hear right now, and what musical style would be the most powerful tool for you, right now? Create a poem to answer these questions, in your **'GETITOUTOFMYHEAD!'** tool,

Tools for Figuring Out How I Feel & What I Can Do About It **Using Musical Tool #2, What About Me?**

What About Me?

(a poem by Linda Walker)

Why can't I play with anyone?

I tried and tried, But no one want to be my friend.

They don't want to play with me.

I been saying in my head, but what about me?

Why can't I play with yall. Why is I'm always left out?

What about me? I don't have any friends at all.

What about me? Why can't I play with yall.

Why is I'm always left out? What about me?

© 2005, Linda Walker

1. What tool(s) did Linda use to keep her power when she was being teased, bullied, and left out?

2. Listen to the "What About Me?" musical tool. Do you feel different after you listen to it? _____

3. What feels different? _____

4. Describe a time when you felt like Linda when she created her "What About Me?" tool. Use the next free page in your **GETITOUTOFMYHEAD!** tool at the back of this booklet. Spend only 5-7 minutes using this tool now. You can always write more later.

Linda and the secret, habit-forming power of the SPECIAL NUMBER.

Linda started to feel so powerful and in control when she cleared her thinking/learning space by using the **GETITOUTOFMYHEAD!** tool, before she knew it she had written over 100 poems! Here's one of her later tools she wrote, to motivate herself, and others.

A New Song: Believe In Your Heart And Mine

Poem # 68, By Linda W.

You got to believe that you can do what you want to do.

Believe in your heart, Believe in your mine.

You do those things, you can be what you want to be.

You do those things, You can do what you want to do.

Believe in your heart, Believe in your mind.

Believe, Believe, Believe in your heart.

Believe in your mine.

© 2005, Linda Walker

Do Poems #3 and #68 from Linda seem very different from each other? What seems different? Discuss and write about that here.

Scientists who study how we learn best, tell us that it takes 21 times of doing something, over and over, until it begins to feel like a habit that we want to keep on doing, over and over. Let's see if we can get the **'GETITOUTOFMYHEAD!'** tool to become a habit we automatically use whenever we need to clear the clutter out of our learning space. If you use the **GETITOUTOFMYHEAD!** tool to clear thought clutter out of your learning space by writing at least 21 original poems, and each poem is at least 8 lines long, you are eligible to join the *21 CLUB*, a virtual club inside the *Ready4LearningClub*. *21 CLUB* members get to work with professional musicians to create music out of some of our poems. They also get to work as student ambassadors and editors on our *21 Club Poetics Newsletter*. How about it? Create a powerful habit inside yourself. You can do it! **GETITOUTOFMYHEAD!**

It's your tools, grasshopper

This was in my head...

BAD - SAD - MAD - GIVING-UP
WEAK - HOPELESS - DISCOURAGED
- SCARED - DISAPPOINTED - TIRED
- NO ENERGY - BORED - CONFUSED
- DON'T FEEL LIKE TRYING - ANGRY
- DON'T FEEL SMART ENOUGH -
- DON'T FEEL STRONG ENOUGH -

These feelings don't feel good.

I don't let them take up
all my learning space
anymore,
when I use the tool
that ALWAYS works for me:

GETITOUTOFMYHEAD!



WHAT DO THESE THINGS HAVE TO DO WITH BEING 100% READY FOR LEARNING, EVERYDAY?

To stay in good working condition, your physical body
needs a regular bathroom break,
to remove things in your body that take up space,
that make you feel bad, and slow you down.



To stay in good working condition,
doesn't your learning/thinking space
need that same kind of
regular mental bathroom break,
to remove some things in your head that slow you
down and take away your power? Hmmmm....

This was in my head...



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

Directions: Do you need a mental bathroom break?

Do you feel the urge to have a **CONSONANT & VOWEL MOVEMENT?**

If you need to eliminate some waste
that is taking up lots of space
in your precious learning place . . .

Write a poem of at least 8 lines about whatever it is. Decide which lines you want to rhyme with each other. Spend no more than 5-7 minutes, don't try to write a perfect poem now. Just create a container that will hold what's taking up learning space in your head, so you can use that space to focus on what YOU want to focus on. You can always write more later, when you have time.



Tools for Figuring Out How I Feel & What I Can Do About It Using Musical Tool #3.

Sometimes I Feel Like a Motherless Child/Gone Too Soon

Story behind the musical tool. M. became a member of the *Ready4LearningClub* when he was in the 3rd grade. His feelings about losing his grandfather began getting in the way of doing his best in school. M. began disrupting class, seemed angry all the time, and started refusing to complete his work.

When M. first became a *Ready4LearningClub* member, he didn't feel like writing at first, so he cleared the clutter that was in his head by using the poetry dictation tool with me. (the same way we adapted the tool for T.'s Lullaby, remember?)

M. took copies of his printed poems home and shared them with his mother and his grandmother. M's grandmother, has a beautiful voice, but had been so sad, like M., that she hadn't been able to sing in over two years. I knew if she could start to sing again, she could start to heal. I asked M.'s grandmother to sing the song on our musical toolkit that helps students manage being sad and losing people they love, '*Sometimes I Feel Like a Motherless Child*'. She told me after we made the musical toolkit, that singing that song helped her bring up her own sadness and deal with what she had tried to keep pushed down for so long. When M. feels sad or angry, he listens to his "*This Was In My Head...*" musical toolkit, over and over. He uses that and his ***GETITOUTOFMYHEAD!*** tool to manage the pain that he says, "swells up, gets big, and takes up too much of my learning space in my head".

M. says it's how he gets his power back.

Read the first poem M. ever wrote, right here -

***Today I Was Thinking About My Grandfather
A Poem by Mollis Thorpe***

***Today I was thinking about my grandfather,
I couldn't let it go away I couldn't drink my milk,
I couldn't drink my juice.
If I could talk to him again I would say,
I am always going to miss you. And I am always going to write
a lot of poems about you.
When I write poems about you, it helps me get back to action.
Because you are gone, I am crying.
Crying is good though because it helps me
get the bad feeling out of me. Then I can get back to work,
and then I might feel better.***

The End

It's your tools, grasshopper:

Some feelings take up more learning space in our heads than any other. They are the sad, bad, mad feelings we have when someone we love is not available in our lives anymore. Sometimes it's because someone we love has died, or has moved away, or they just left us.

It's hard to think about anything else, especially school stuff. We've all felt like that. When we do, we can use tools to help get through, when we feel our hearts can't break anymore because they are already so broken. The writing and creating music tool is so powerful in bringing these feelings to the front of our learning space, where we can do something about them.

We don't have to be afraid to bring those feelings up, because we know we don't have to deal with it all by ourselves. That's what tools are for!

GETITOUTOFMYHEAD! is such a powerful tool because writing creates a container to hold the feelings for us, so our learning space is available to focus on what we want to focus on, and learn.

YOU know what it's like to hold feelings in your learning space, **WHILE** you try to focus on what you want to learn. Write 5 words about what that's like for you, right here.

Let's try combining the **GETITOUTOFMYHEAD!** tool together with the '**Music Matching**' tool. Let's listen to **Musical Tool #3, Sometimes I Feel Like a Motherless Child**'. Play 2x; first time, just listen.

The second time you listen, use your **GETITOUTOFMYHEAD!** tool to give yourself a mental vowel movement. Write about any feelings (sad, bad, mad, hurting, bored, impatient, or anything else?) the musical tool brings up for you. Let your writing hold the feeling. Spend 5-7 minutes using this tool. **DO THIS NOW BEFORE GOING FARTHER ON THIS PAGE.**

TALK ABOUT IT WITH THE ADULT EXPLORING THESE BACKPACK4YOURMIND TOOLS WITH YOU.

Did your mental vowel movement tool get rid of any waste that was taking up learning space in your head? After you finish, share how the tool worked for you. This is a very powerful tool, **WHEN** you use it.

All of us have special, favorite songs that help us connect to sad, mad, and bad feelings that we want to bring to the front, so we can manage the feelings by using the right tool. Imagine heavy bad feelings hanging down my back where I can't really get to them. Like scratchy rope holding a heavy basketball, filled with rocks instead of air. Can you picture it? Circle one. ☐YES ☐NO

Act out this next paragraph.

These heavy rocks pull me down and sting my neck, I can reach behind and swat at them, but I can't really get to it. These things are choking me and taking away everything good I could feel, but I can't reach it, because I'm scared to reach around and bring this heavy, choking ball to the front, where I can begin taking the rocks out, one by one.

But, when I use tools to catch the bad feeling and pull it up right in front of me, I can see each rock clearly for what it is, AND THEN I CAN FIGURE OUT WHICH TOOL TO USE TO KEEP MY MIND CLEAR FOR WHAT I WANT TO FOCUS ON.

The tools make us powerful and in control. I'm not powerful and in control on my own, but I don't have to be, and neither do you. That's what our tools are for.

COMING UP ON THE NEXT PAGE! A HOMEWORK ASSIGNMENT YOU NEED AN ADULT TO HELP YOU. Hmmmmm... which adult can you ask?

SOMEBODY AT HOME WHO LOVES MUSIC!

I need your help with this

Create a list of music tools (songs) that helps you and your family members bring up the sad/bad/mad feelings out of the corners of your insides and out in front, so you can use a tool to deal with it.

It's your tools, grasshopper.

(Example) 1. Good Morning Heartache

(Example) 2. Invisible

(Example) 3. Everybody Hurts, Sometimes

(Example) 4. Sometimes I Feel Like A Motherless Child

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Tools for Figuring Out How I Feel & What I Can Do About It

Musical Tool #4 - If I Can, You Can

Sometimes we need encouragement from others to be 100% Ready, Everyday! If there's not someone available to give you encouragement, GUESS WHAT? You can give encouragement to yourself. Give the Music Tool and the Psych-Up tool a fair try today. See if they work for you. If they do, add them to your 100% Ready, Everyday! Toolkit you are putting together. First, before listening to the musical tool, read aloud IF I CAN, YOU CAN poem below to each other. Why do you think tool #4 is one of the most powerful *BACKPACK4YOURMIND* tools.

IF I CAN, YOU CAN

Words and Music by Stancil M. Brown Jr.

I WAS WONDERING CAN I SING THIS SONG
TO EVERYBODY THAT IS GOING THROUGH.

SEE I KNOW THAT TIMES THEY MAY GET ROUGH BUT IF I CAN MAKE IT
YOU CAN MAKE IT TOO.

SEE TIMES IN MY LIFE HAVEN'T ALWAYS BEEN RIGHT
I WAS HOMELESS I WAS LONELY AND I WAS SAD
SITUATIONS MAY COME TO GET YOU DOWN BUT DON'T GIVE UP KEEP YOUR HEAD UP
AND KNOW THAT YOU CAN MAKE IT THROUGH
CAN I SING THIS SONG TO YOU?

IF I CAN YOU CAN - IF I CAN YOU CAN - WHAT WHAT! (3 times)
IF I CAN MAKE IT YOU CAN MAKE IT TOO!

I WAS WONDERING CAN I SING THIS SONG TO EVERYBODY THAT HAS GIVEN UP
SEE I WANT YOU TO KNOW THAT I KNOW HOW YOU FEEL
I KNOW YOUR PAIN AND I FEEL YOUR SHAME
WHY WHY WHY YOU WANNA KNOW WHY?
NOW I KNOW THAT IT SEEMS LIKE NO ONE CARES
AND THE PAIN AND HURT YOU FEEL IS GETTING HARD TO BARE
BUT YOU SEE YOU CAN'T LET WHAT IT IS YOU'RE GOING THROUGH
JUST TAKE CONTROL OVER WHO YOU ARE CAN I SING
CAN I SING THIS SONG TO YOU?

IF I CAN YOU CAN - IF I CAN YOU CAN - WHAT WHAT! (3 times)
IF I CAN MAKE IT YOU CAN MAKE IT TOO!

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2. Now, close your eyes, do your slow deep breaths, and listen to those words from the poem being put into Musical Tool #4 *If I Can, You Can*.

3. Okay, open your eyes. Let's talk about what we heard. How can we use Tool #4 to get and keep ourselves *100% Ready, Everyday!* Talk about it.

4. Now, Listen to Musical Tool #4 again, while using your **GETITOUTOFMYHEAD!** tool in the back of this Activity Guide. Your title is, "What Tool Number 4 Means and How It Can Give Me Power".

ACTIVITY FOR HOME - INTERVIEW YOUR FAMILY AND FRIENDS

Remember the list of songs we created to help us bring up lost and sad feelings so we could deal with them? We need different musical tools to help us get through different challenges. It's time to make another song list. This time we need to come up with a list of musical tools that give us encouragement and hope. When you go home, talk to your family and friends. Ask them to tell you names of songs that are "feel better" tools; songs that make them feel better after they listen; songs that make you feel like you can dust off whatever happened to you and get up and try again. Write down at least 10 songs like that here. It's great if you all come up with more than 10, but at least 10.

- | | |
|----|-----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | 10. |

It's your tools, grasshopper:

MusicTool #5. WHAT DO YOU WANT?

A Tool for Figuring Out What I Want Now, and 10 years From Now

Remember listening to the story of Little Jimmy on our musical toolkit?

Let's listen again to musical tool #5, *What Do You Want?* *listen*

When Jimmy was sitting outside the principal's office for being in trouble again, do you remember the 3 questions the principal asked him? _____

(Answers: What do you want? What's your plan to get it? What tools will you choose, when the getting gets tough?)

Jimmy's principal was wise. He knew that if Jimmy could come up with his own answers to those **THREE IMPORTANT QUESTIONS**, school would become a very different, wonderful place holding all the keys and secrets to the life Jimmy dreamed of. Hidden inside those **THREE IMPORTANT QUESTIONS** are the tools we need for figuring out what we want tomorrow, and 10 years from tomorrow. If you are ready to start digging out your answers to the **THREE IMPORTANT QUESTIONS**, flip over to your poetry tool, and create a poem answering the 3 questions for yourself: (spend 5-10 minutes at the most, you can write more later when you have time)

1. **What do I want?**
2. **What's my plan to get it?**
3. **What tools will I choose, when the getting gets tough?**

It's your tools, grasshopper:

100% Ready, Everyday Success Tools



Beautiful young eyes, reading these lines right now, here's a message for you
If you make sure you've got your right tools, **AND** you know when and how to use them, **YOU HAVE A BETTER CHANCE TO GET THE LIFE YOU WANT!** Stay **POWERFUL&INCONTROL**, and prepared for anything life throws at you on the road to your dreams. Make your own personalized **SUCCESS** Toolkit. No one else can make it for you. By the time you finish working through this toolkit guide, you will have created a personalized Success Plan. If you create a success plan that works for you, it can take you far toward where you want to go. And young dreamers with strategy and plans can go all the way. You were meant for greatness. Believe. Make a plan. Revise if needed. Use your Backpack4YourMind. Make it happen.

Tools To Figure Out What I Want For Today, Tomorrow, and 10 Years From Today

Musical Tool 5. What Do You Want?

Remember the poem you wrote a few days ago, answering the
3 IMPORTANT QUESTIONS,

- 1. What do I want?**
- 2. What's my plan to get it?**
- 3. What tools will I choose, when the getting gets tough?**

Let's use smartphone technology tools to help you find the
answers to 2 of the **3 IMPORTANT QUESTIONS.**

1st of the 3 IMPORTANT QUESTIONS: What do I want?

Sometimes we don't know what we want. It's OK not to know. Since tools can help us do anything, let's use a powerful tool to help us figure out what we want. We are going to find out what kinds of careers would be interesting for us to think about. We are going to find out about these different careers by answering about 25-30 questions online about what we like to do, what kinds of things we enjoy, and what would be so much fun to do we would do it even if we didn't get paid.

Go to this free website **www.CareerOneStop.org**, and take the interest assessment. It should take about 10 minutes or less. You'll say what you like to do, and what you don't like to do, and you will be shown careers that fit your interests. Look at your results. Write down at least 3 new careers that could be a great fit you now know about after taking the online career inventory. School gets real exciting when we know it's a powerful tool to help us get anywhere we want to go!

It's your tools, grasshopper!

New Career Ideas For Me From the Career Preference Tool

- 1.
- 2.
- 3.

2nd of the 3 IMPORTANT QUESTIONS,

What's my plan to get it?

We can do almost anything if we have a plan. Let's explore more about the career possibilities from the last question. What do you already know about those new careers? Have you thought before about any of those careers? What kind of preparation or training do your career interests require?

What tools online can you use to find out more details about those "very cool" career possibilities? Wouldn't it be fun to love to go to work, to love the kind of everyday things your work requires, and most of all, to know that you are *VERY GOOD* at what you do, because you love doing it so much? Wouldn't that be fun? You can have that, if you use your tools to find and investigate future careers you would love.

3rd of the 3 IMPORTANT QUESTIONS,

What tools will I choose, when the getting gets tough?

The Decision-Making Tree tool helps you choose between several good tools, exactly the one that would be the very best tool for the job. For example, the *GETITOUTOFMYHEAD!* tool is a very powerful tool. But you can't use it all the time. You can't use it when you're walking or taking a test. The music tool is also very powerful, but there will be times when you can't use it. Can you think of some times when neither of those tools would be the best tool for the situation? What other tools are in your toolkit that can be used? How do you decide which one(s) to use? Use your smartphone to find out how to use a Decision-Making Tree. This tool sharpens up our critical thinking skills, and helps us make decisions that sometimes can be hard to make.

Flip back to MY 100% EVERYDAY! SUCCESS TOOLKIT CHECKLIST

Check with your adult to see if you're ready for them to sign off on any of your tools yet. While you're waiting to have your CHECKLIST checked, practice your *GETITOUTOFMYHEAD!* tool. Remember, doing something at least 21 times makes it a new habit. How many times have you used your *GETITOUTOFMYHEAD!* tool? Is that tool starting to feel like a habit yet? Circle one ____ YES ____ NO

On Your Own Assignment for this week:

1. Start getting information about the careers you're interested in. What information gathering tools will you use? _____
2. Check out at least 3 online information sources to get more info about your different career interests from the career preference tool. Share your sources next time, and share a little bit of what you've been finding out as you read .
3. Find out from your family and friends and *Ready4LearningClub* volunteers if they know someone who has that kind of career. Would they allow you to interview them?
4. Be ready to talk about what you've learned the next time we get together, especially what "Career Options" means, and why it's a good thing to include in your success plan.

It's your tools, grasshopper

Tools for Figuring Out What I Want Tomorrow (& in 20 years)

Music Tool 6. All I Need Is My Plan

1. You can start figuring out what you want by reading Tool 6 below in our musical toolkit, *All I Need Is My Plan*. Do you agree or disagree with the words of this tool?

ALL I NEED IS MY PLAN

I can be anything I wanna be
All I need is my plan
I can go anywhere I wanna go
All I need is my plan
I can climb high mountains
Sail deep seas
I can be whatever I wanna be
I KNOW I can be free
All I need is me, and the desire to be
And my very own, special me plan!
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2. Now listen to the music of Tool 6.
3. How is this musical tool a guide for making your personalized success plan?
4. Let's practice making a success plan on the next page.

It's your tools, grasshopper
Wow, What a Great Idea!

The 3 parts of a success plan are always 3 questions

1. Where are you now?
2. Where do you want to go?
3. How are you going to get there from here?

Where are you now? Answer these questions. . . .

My name is _____. I am _____ years old, and I'm in the _____ grade. I am very good at _____, _____, and _____. I'm not so strong at _____ and _____. I like to _____, _____, and _____. I've always dreamed of being a _____ when I grow up. I never thought about being a _____ or a _____, but my career interests profile said I might enjoy doing that kind of work. Maybe I'll do some more research and read up on those careers. It might be a good idea to do some more reading on being what I always wanted to be when I grow up. Maybe someone I know knows someone who does that for a living. I could ask them questions about what it's really like. That's what I can do for my distant future career success plan. Now what do I need to do for my immediate tomorrow success plan. Where am I right now with being ready for my spelling test tomorrow? Do I have anything in my head that's taking up too much of my learning energy? What tools can I use to get me where I want to be?

Where do you want to go?

Here is my dream of where I want to go with my life, starting with where I want to go tomorrow, and going all the way to where I want to be 20 years from now. There is no dream too big or too impossible for me to make it happen, IF I choose the right tools for each challenge on the way to my dream. So, here's what I want to do and where I want to go with my life. . .

It's your tools, grasshopper:

How are you going to get there from here?

What challenges could you face on the way to living your dream, and what tools will you choose, to manage them?

Here's an example of a challenge: "One of the careers I'm really interested in requires going to college. How can I dream about a career that requires college if my parents can't afford to send me, or if I don't even have parents and live with my auntie? Do I have to give up on that dream, or are there tools I can use to help me do it anyway?"

Hint-Hint/It's your tools, grasshopper:

You have just created your first success plan!
How does it feel to be POWERFUL and IN CONTROL of you?
Congratulations on being willing to try something new!

Tools for Getting Power from Music & from What I Say to Myself

Tool 7. I Go To the Music

I GO TO THE MUSIC

When I am sad I go to the music
When I am mad I go then too.
When I'm confused when I feel hopeless
I run to the music 'cause it knows what to do.
I go to the songs, and I find a safe place
I go to the words, 'cause they'll speak the truth.
I go to the music 'cause the music heals me
I run to the music - it will get me through.

"We are Family" "You've Got a Friend"
"God Bless the Child that's Got His Own"
"When We All Get to Heaven"
The music knows just how to say
What's in my heart - What's in my spirit
What hurts me more than I can say
I go to the music, 'cause the music heals me
I run to the music - it will get me through.

I run to the music - it will get me through.
I run to the music - it will get me through.
I run to the music - it will get me through.

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Picture yourself running. Picture why you're running, what happens as you run, what you feel when you get to the music. Write it now.

Write makes right!

Tools for Getting Power from Music & from What I Say to Myself

Tool 8. Sing Powerful and In Control, 10 Times (energize me!)

Tool 9. Sing Powerful and In Control, 10 Times (focus/relax me!)

Read Tool #8, and then listen to the energy remix. Think of the title you would choose for a poem that describes what a "Psych-Up" is, and what feels so good about getting one (especially when you give it to yourself).

Include in your poem 2 Psych-Ups you can give to yourself. Now do exactly the same thing with Musical Tool #9, same words, different feeling. Why?

By the way, what IS a Psych-Up? (hint) answer at bottom of page)

POWERFUL AND IN CONTROL, (10 TIMES)
POWERFUL AND IN CONTROL, (10 TIMES)
I AM POWERFUL AND IN CONTROL, I'M IN CONTROL OF ME!

WHEN I'M IN CONTROL I CANNOT LOSE
I THINK BEFORE I CHOOSE MY TOOLS
THE RIGHT TOOL FOR THE TIME AND PLACE IS THE KEY (OOOH, WEEEE!)
I TAKE DEEP BREATHS AND I USE MY BRAIN
I FIGURE OUT MY WINNING GAME THAT GETS ME WHAT I WANT,
WITHOUT THE PAIN. THAT'S WHY I'M....
POWERFUL AND IN CONTROL, (10 TIMES) //
I AM POWERFUL AND IN CONTROL, I'M IN CONTROL OF ME!

I NEVER KNEW I WAS THIS STRONG
I NEVER KNEW THE POWER IN MY SONG
TO TAKE ME DOWN OR UP WHEREVER I CHOOSE TO BE
NO MATTER HOW 'SHO-NUFF' BAD I FEEL,
I KNOW THE RIGHT TOOLS WILL HELP ME HEAL, I CAN GO ANYWHERE I WANT
IT ALL BEGINS WITH ME. THAT'S WHY I'M....
POWERFUL AND IN CONTROL, (10 TIMES) //
I AM POWERFUL AND IN CONTROL, I'M IN CONTROL OF ME!

USING TOOLS I CANNOT LOSE WHEN I THINK STRATEGICALLY
WHEN I'M POWERFUL AND IN CONTROL, I SEE THE POSSIBILITIES!

THERE'S NO LIMIT TO WHERE I CAN GO

(repeat as necessary, till you get 'powerful and in control')

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Answer: Psych-Up – A powerful, true, encouraging message I can give myself!

Tools for EMPATHY - Seeing Stuff Through Other People's Eyes

Empathy is being able to understand and share the feelings of another person. Why do we need this tool to be successful and live our dreams? Why is Empathy an absolutely essential tool to be included in the 100% EVERYDAY! SUCCESS TOOLKIT? Hmmmmm. . . .

Here's Why - To be happy and successful, we need to know how to make strong, positive, long-lasting connections with good people. We need to know how we want to be treated; so we can treat people we want around us the same way. We need to know how to get along with people. The most important thing we need to know about the Empathy Success Tool is this:

If I don't want you to do it to me, then I don't need to do it to you.

What Empathy is Not

Empathy ≠ Bullies

Empathy ≠ Disrespect (for our family, our school, our Community, and ourselves)

Empathy ≠ Teasing

Empathy ≠ Hurting Others

What Empathy is

Empathy = Treating others the way we want to be treated

Empathy = Connecting to others positively

Empathy = Using tools to understand what someone else feels

Empathy = Working hard to understand and share the feelings of another person.

Are you ready to try out the Empathy Success Tool?

Great, I've got the perfect group to try it out with - *TEACHERS WHO ARE NOT PERFECT*. You're not one of those students who still believes that teachers are perfect all the time, are you? Here's a newsflash; they're not. Teachers are people, just like you and me. Good teachers do their best, but sometimes they, like all of us, make mistakes.

It's good to know how to use the Empathy tool, especially with our teachers, so we don't get sidetracked from our success plan when we ask ourselves this question,

IMPORTANT QUESTION:

**WHY ARE THERE MORE EMPATHY MUSICAL TOOLS IN OUR BACKPACK4YOURMIND, THAN ANY OTHER TOOL?
(Songs 10, 11, 12, 13 are all about Empathy.)**

IMPORTANT ANSWER:

BECAUSE KNOWING HOW TO UNDERSTAND AND SHARE WHAT SOMEONE ELSE IS FEELING, IS THE MOST IMPORTANT TOOL IN YOUR TOOLKIT.

Empathy gives turbocharged power to all of your other tools.

Are you ready to explore how knowing the EMPATHY tool can help you get the life you want?

Let's go!

Musical Tool #10 for EMPATHY – Working hard to Understand and Share the Feelings of Another

Are Teachers Perfect?

Are teachers perfect? (say what?) Are teachers perfect (no, no!)
Are teachers perfect? (why not?) Cause no one's perfect! (say what?)
Are teachers perfect? (oh, no) Are teachers perfect? (uh, uh)
Are teachers perfect: (they're not, but soooo what!)

I don't need perfect to get me where I'm going
Perfect won't matter as long as I keep growing
Into my future, the one that's bright and looks good
The one the doubters said I never would and never could do

I'm gonna get my my my education
I'm gonna get my freedom, my salvation
I'm getting it from teachers who believe in me
I'm getting it cause I WANT TO BREAK FREE!

Are teachers perfect? (say what?) Are teachers perfect (no, no!)
Are teachers perfect? (why not?) Cause no one's perfect! (say what?)
Are teachers perfect? (oh, no) Are teachers perfect? (uh, uh)
Are teachers perfect: (they're not, I'm not, she's not, he's not, and neither are you!)

They're not, I'm not, don't rot, get taught
Win at this game, stay in school
They're not, I'm not, don't rot, get taught
Win at this game, stay in school

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1. Listen to the "Are Teachers Perfect?" musical tool.
2. Now let's talk about what it means and why giving our teachers a break when they aren't perfect is a powerful tool **FOR STUDENTS** to be 100% everyday. (for example, when our teacher tells us to stop talking when someone else was talking to us, when they don't call on us when we had our hand up and we knew the answer to that math question, etc)
3. Turn to your next free page in your **GETITOUTOFMYHEAD!** tool, and write a quick poem about what benefit you get, when you use your EMPATHY tool with your teachers. (hint: Teachers have already finished elementary school; but they can help you learn what you need to learn to keep moving closer and closer to your dream of what you want.)

Musical Tool #11 - Empathy Means Trying to Imagine What Others Go Through, and Then Choosing to Be Kind

11. What Made Me Wanna Be A Teacher Anyway?

What made me wanna be a teacher, anyway?
What made me think that I could help a child or two, to see the view
Of what they could become, of who they could be
That learning would set them free.

What made me think I could help the child
Who could cure AIDS tomorrow, learn how to read today,
What made me wanna be a teacher anyway?
Little boy, little girl, it was you.

It's you when you get excited about something you learned today
It's you when you can't wait to get to school
To find the answer, and make your way
To get to where you want to go, child start your trip today
When you say, hey world, I'm getting ready, to make my mark
And have my say!

What made me wanna be a teacher, anyway?
What made me think I could make a difference
In a world gone mad, so, so mad!
What made me wanna be a teacher, anyway?
Little boy, little girl, it was you.

Little boy, little girl, it was you.
Little boy, little girl, it was you.
Little boy, sweet baby girl
It was you.

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1. Let's listen to this song again, while we read the words above.
2. What do you think this song means?
3. What made this teacher want to be a teacher, anyway?
4. Write a poem, using your empathy tool, and put yourself in your teacher's place. Write your poem as if you were the teacher who was not perfect, but who loves helping students learn.
5. Let's share our "Are Teachers Perfect?" poems with each other. How would using our Empathy tool make teacher's jobs easier?

Music Tool #12 - Another Tool to Explore Empathy - Imagining What Someone Is Going Through, and Then Choosing to Be Kind

12. Doesn't Anyone Believe In Love Anymore?

Doesn't anyone believe in love anymore?
Doesn't anyone believe love is worth fighting for
Doesn't anyone believe anymore?

Doesn't anyone believe in golden rules
Doesn't anyone believe in praying in schools
Doesn't anyone believe anymore?

What can I do, I'm only me? Am I enough to make a difference you could see?
Is it true that just one ME could change the world (change the world)
If I believe in myself I know I'll find my way to a better peace of mind
We can make this world brand new, we can start with me and you!

Doesn't anyone believe in love anymore?
Doesn't anyone believe love is worth fighting for
Doesn't anyone believe anymore?

Doesn't anyone believe in golden rules
Doesn't anyone believe in praying schools
Doesn't anybody believe anymore?

*I am beautiful, in my own way! **I AM NOT!** Gonna listen to what people say
I am beautiful, in my own way. People can be hateful, mean, and unkind
But if I look deep in my heart I'll find I am beautiful, in my own way.*

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Let's listen to this music tool 2 times.

The 1st time just close your eyes, float along with it, and listen.

The 2nd time write in your **GETITOUTOFMYHEAD!** tool what you think this tool is trying to tell us.

Let's talk. What are some of the big things that young people just like you have done, right here and around the world, who believe and live the message in this musical tool? What can young people do to change the world? Write about it now.

It's your tools, grasshopper!

**Tools for Empathy - Thinking, Imagining What Someone Else Feels,
Caring About Them, Choosing to Be Kind**
Music Tool #13. When Someone Is Hurting

When Someone is Hurting

When someone is crying, your hands and I
can wipe the tears away.
When someone is hurting your hands and I
can give comfort
When someone is dreaming your hands and I
can help to reach the stars.

I am love and humility,
and when your hands put me in action
Tears will be brushed away and roses of joy
will bloom In our children's faces.

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We've explored using the Empathy tool with our teachers (*Are Teachers Perfeck?*), who aren't perfect because they are human, like us. Let's imagine what could happen if we shared the Empathy tool with people who weren't as strong as our teachers. Imagine sharing the Empathy tool with other children who were hurting. You know the hurting ones. The new student in school who doesn't have any friends yet, the students who get picked last every time, the students who get left out and laughed at, and whose dreams are smashed almost every day. What do you think would happen if you shared the Empathy tool with that student?

Let's listen to this music tool 2 times.

The 1st time just close your eyes, float along with it, and listen.

Now listen again, and this 2nd time, write in your '**THISWASINMYHEAD!**' tool what you think this tool is trying to tell us. Visualize how much power you have to do good in the world, when you practice the Empathy tool. Write about it, in your '**THISWASINMYHEAD!**' tool.

Resilience: Tools for Staying Strong No Matter What Happens
Music Tool #14. Today is the Best Day!

TODAY IS THE BEST DAY

TODAY IS THE BEST DAY TO ACHIEVE
I CAN REACH THE STARS IF I BELIEVE
I WILL CHOOSE TO LISTEN AND LEARN
I WILL CHOOSE TO GIVE RESPECT
RESPECT I WILL EARN
CAUSE TODAY IS THE BEST DAY,
IT'S THE BEST DAY
IT'S THE BEST DAY
IT'S THE BEST DAY
TODAY IS THE BEST DAY
TO SUCCEED.

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Tools for Staying Strong No Matter What Happens In My Life

Music Tool #15. I Think I Better Use A Tool

I THINK I BETTER USE A TOOL

(BACKGROUND CHORUS) I THINK I BETTER USE A TOOL

I THINK I BETTER USE A TOOL

I THINK I BETTER USE A TOOL

I THINK I BETTER USE A TOOL

TO GET TO WHERE I WANNA GO
HERE IS ONE THING THAT I KNOW
TALK IS CHEAP! LOOK AT WHAT I DO
CAUSE I AIN'T NO WALKING, ROCKING, TALKING FOOL!
TALK IS CHEAP, IT'S EVERYWHERE
MORE TALKING GOING ON, THEN PEOPLE BREATHING AIR
I KNOW WHAT I GOTTA DO
IF I'M GONNA MAKE ALL MY DREAMS COME TRUE
WHEN I'M STRUGGLING EVERY DAY
TO FIND THE BETTER SMARTER WAY
TO GET ME WHAT I WANT
WHAT DO I SAY? WHAT DO I SAY?

(rap) I GOT TO FIND MY TOOLS, THE ONES THAT WORK FOR ME
CAUSE IF I USE MY TOOLS I KNOW I CAN BE FREE
WHEN ROADBLOCKS COME AND GET UP IN MY WAY
WHAT TOOL WILL I USE TO MAKE EVERYTHING OK
CAUSE IF I USE MY BRAIN I KNOW WITHOUT A DOUBT
THAT I CAN PLAY THIS GAME AND FIGURE THIS THING OUT
I GOT TO FIND MY TOOLS, THE ONES THAT WORK FOR ME
CAUSE IF I USE MY TOOLS I KNOW I CAN BE FREE
I GOT TO USE MY TOOLS AND FIGURE THIS THING OUT
BE ALL I CAN BE AND SEE WHAT I CAN SEE
IF I USE MY TOOLS I KNOW I WILL NOT LOSE
THE MORE I KNOW THE MORE I LEARN THE MORE TOOLS I CHOOSE
I'M NO FOOL I'M SO COOL I USE MY TOOLS AT HOME AND AT SCHOOL
I'M NO FOOL I'M SO COOL I USE MY TOOLS AT HOME AND AT SCHOOL

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*Thank you dear learner
for experiencing the
BACKPACK4YOURMIND musical toolkit.*

*As you've been working through this guide
and listening to the musical tools, you've had an opportunity
to try out lots of different strategies
to see how they work for you.*

*You might have written 21 poems to get out of your head whatever
needed to come out. **GETITOUTOFMYHEAD!***

*So here are powerful tools you can use
whenever you need powerful tools.*

*Will you let these tools do the "heavy lifting" for you,
or will you try to just be strong by yourself
and manage the hard things that happen to good people
sometimes, by just trying harder.*

*No one is strong enough on their own; but everyone is strong when
they use the tools that work for them.*

It's your decision. It's all up to you.

It's your tools, grasshopper!

Tools for Staying Strong No Matter What Happens In My Life

Music Tool #16. You're A Winner (IF YOU think you are)

You're A Winner

YOU'RE A WINNER
IF YOU CHOOSE TO BE IF YOU CHOOSE TO BE
YOU'RE A WINNER, IT STARTS IN YOUR HEART
YOU'RE A WINNER
IF YOU CHOOSE TO BE IF YOU CHOOSE TO BE
YOU'RE A WINNER, IT STARTS IN YOUR HEART

WHAT DOES IT TAKE, LITTLE BOY, BABY GIRL
TO BE A WINNER, IF YOU BEEN LOSING
WINNING STARTS UP IN YOUR HEAD
IT'S ALL ABOUT CHOOSING.

YOU'RE A WINNER
IF YOU CHOOSE TO BE IF YOU CHOOSE TO BE
YOU'RE A WINNER, IT STARTS IN YOUR HEART

ARE YOU A WINNER IN A LOSER'S DISGUISE?
TAKE THE CLOWN SUIT OFF
THE WINNING STARTS IN YOUR EYES.
YOU'RE A WINNER, IT STARTS IN YOUR HEART.

YOU'RE A WINNER
IF YOU CHOOSE TO BE IF YOU CHOOSE TO BE
YOU'RE A WINNER, IT STARTS IN YOUR HEART
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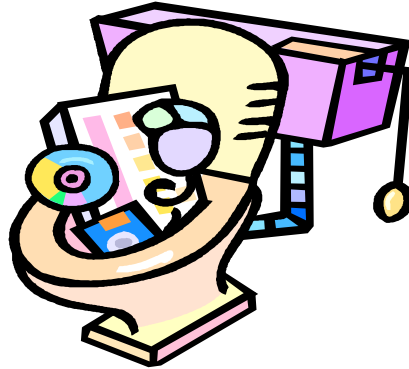
FINAL WORDS

It's
your
tools,
grasshopper:

Wise young grasshoppers,
what will you do now
with what you know?

Now, it's up to you

GET IT OUT OF MY HEAD!



A Consonant and Vowel Movement Tool
to Clear the Clutter in My Mind 🤖

I **GOT** to use it



It's your tools, grasshopper:

This was in my head...



Poem # 1

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____



It's your tools, grasshopper

This was in my head...



Poem # 2

1. _____

2. _____

3. _____

4. _____

5. _____

Write makes it right!

6. _____

7. _____

8. _____

... but it's not anymore.

It's your tools, grasshopper

This was in my head...



Poem # 3

1. _____

2. _____

3. _____

4. _____

Write makes it right!

5. _____

6. _____

7. _____

8. _____

... but it's not anymore.

This was in my head...



Poem # 4

It's your tools, grasshopper

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

This was in my head...



Poem # 5

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

It's your tools, grasshopper

8. _____

... but it's not anymore.

This was in my head...



Poem # 6

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

It's your tools, grasshopper

This was in my head...



Poem # 7

1. _____

2. _____

It's your tools, grasshopper

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

... but now it's not anymore.

This was in my head...



Poem # 8

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

It's your tools, grasshopper

This was in my head...



Poem # 9

1. _____

2. _____

It's your tools, grasshopper

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

... but now it's not anymore, and it feels *GOOD* to get that out of me!

This was in my head...



Poem # 10

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

It's your tools, grasshopper

8. _____

This was in my head...



Poem # 11

1. _____

2. _____

3. _____

4. _____

5. _____

It's your tools, grasshopper

6. _____

7. _____

8. _____

This was in my head...



Poem # 12

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

It's your tools, grasshopper

... but it's not anymore.

This was in my head...



Poem # 13

1. _____

2. _____

3. _____

It's your tools, grasshopper

4. _____

5. _____

6. _____

7. _____

8. _____

This was in my head...



Poem # 14

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

It's your tools, grasshopper

This was in my head...



Poem # 15

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

It's your tools, grasshopper

This was in my head...



Poem # 16

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

It's your tools, grasshopper

7. _____

8. _____

... but it's not anymore.

This was in my head...



Poem # 17

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

It's your tools, grasshopper

7. _____

8. _____

This was in my head...



Poem # 18

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

It's your tools, grasshopper

This was in my head...



Poem # 19

1. _____

2. _____

3. _____

4. _____

5. _____

It's your tools, grasshopper

6. _____

7. _____

8. _____

... but it's not anymore.

This was in my head...



Poem # 20

1. _____

2. _____

3. _____

4. _____

5. _____

It's your tools, grasshopper

6. _____

7. _____

8. _____

This was in my head...



Poem # 21

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____