

I CAN SETTLE DOWN LYRICS

1) I CAN SETTLE DOWN

I can settle, I can settle, I can settle down
I can settle, I can settle, I can settle down
I can settle, I can settle, I can settle down
I can crank it, I can crank it, I can crank it up
I can crank it, I can crank it, I can crank it up
I can crank it, I can crank it, I can crank it up

I can settle, I can settle, I can settle down
I can settle, I can settle, I can settle down
I can settle, I can settle, I can settle down

I can keep it steady
I can keep it steady
I can keep it, I can keep it,
I can keep it steady

I can settle, I can settle, I can settle down
I can settle, I can settle, I can settle down
I can settle, I can settle, I can settle down

2) Stop and Think

Once there was a rabbit that always rushed in
He only thought of himself
He messed things up, he knocked things down
He never thought of anyone else

Then along came a slow turtle
She felt like hiding her head
Then she turned to the rabbit
And very politely said

Stop and think (Stop and think)
Look and see (Look and see)
What's Going On (What's going on)
What about me (What about me)

Can I play with you (Can I play with you)
Can I read that book (Can I read that book)
Is there room for me (Is there room for me)
Can I stay and look (Can I stay and look)

Stop and think (Stop and think)
Look and see (Look and see)
What's Going On (What's going on)
What about me (What about me)

3) Three Rules

Three rules, three rules

I know three rules

Take care of myself

Take care of my friends

Take care of my school

(Pump it up)

Three rules(one, two, three)

Three rules(simplicity)

Take care of myself

Take care of my friends

Take care of my school

(Say again)

Three rules(one, two, three)

Three rules(simplicity)

Take care of myself

Take care of my friends

Take care of my school

(Break it down)

MYSELF

I work, I listen, I learn

I wait in line then I take my turn

Some things are always up to me

I take care of my responsibility

MY FRIENDS

I help them work and play

I use kind words everyday

I cooperate and share

That's how I show my friends I care

MY SCHOOL

I keep it nice and neat
I throw away trash, I wipe my feet
I put things back where they belong
I'm careful all day long

(Hit the hook)

Three rules(one, two, three)
Three rules(simplicity)
Take care of myself
Take care of my friends
Take care of my school

(Say again)

Three rules(one, two, three)
Three rules(simplicity)
Take care of myself
Take care of my friends
Take care of my school

(Sum it up)

It's the way to be, it's the way to live
Positively, positively positive
When you care and care and care again
It works in every situation you're in

First yourself, then the others there
Then the environment you share
Everything is handled with care
(T. L. C.) (Flow with me)

Three rules(one, two, three)
Three rules(simplicity)
Take care of myself
Take care of my friends
Take care of my school

4) I Get Angry

I get angry

I get angry

But I don't let the anger get me

I get angry

Really angry

But I don't let the anger get me

Whenever I get steamed up

I find a way to set the steam free

I get angry

I get angry

But I don't let the anger get me

5) Breathe

I feel the air go in

I feel the air go out

Peaceful as a lullaby

Quiet as a mouse

6) I Can Wait

I can wait. I can wait. I can wait.

I can wait

I know that I'm not always first

I can wait

Sometimes I might be second or third

I can wait

I know that I control myself

I can wait

I might have time to choose something else

Or watch a movie in my mind

Who knows what treasure I can find

While I'm waiting life is great

I can wait

I can wait

This time I'm more than second or third

I can wait

I know that patience is the word

I can wait

This time I'm at the back of the line

I can wait

O.K., so now I've got lots of time

To think about my family

And make believe who I could be

While I'm waiting life is great

I can wait

I can wait. I can wait. I can wait.

7) Self Control

I go fast, fast, fast
Fast, fast, fast is the way I go
Then I stop - put it on hold
I've got self-control

I go fast, fast, fast
Fast, fast, fast is the way I go
Then I stop - put it on hold
I've got self-control

I go slow, slow, slow
Slow, slow, slow is the way I go
Then I stop - put it on hold
I've got self-control

I can wait my turn in line
(wait, wait, wait)
Soon I'll get to go
(wait, wait, wait -5-6-7-8)
But right now I'm on hold
(one more minute, just another minute)
And when I go you know

I go fast, fast, fast
Fast, fast, fast is the way I go
Then I stop - put it on hold
I've got self-control

8) Golden Words

Golden words, I use golden words
Golden words when I speak
Golden words, full of golden feelings
Like “thank you” and “please”

Red words are never heard
Red words hurt and burn
Sometimes I have to use orange words
Orange words until everyone learns

Golden words, I use golden words
Golden words when I speak
Golden words, full of golden feelings
Golden words for me

9) Emotion

Can you feel it? Yeah!

Can you feel it? Yeah!

Can you feel it? Yeah!

Can you feel it? Yeah!

Emotions

Energy in motion

Everything I feel is meant to be

Let it be

Emotions

Energy in motion

Everything I feel is part of me

Part of me

I can be happy

I can feel sad

I can feel scared

I can get mad

Can you feel it? Yeah!

Can you feel it? Yeah!

Can you feel it? Yeah!

Can you feel it? Yeah!

Emotions

Energy in motion

Everything I feel is meant to be

Let it be

Emotions

10) Down in the Dumps

Down in the dumps, sad and grumpy
Feeling like nobody cares
All by myself until someone else
Sees me sitting there

They listen to my troubles
Help me work it through
Sadness pops like bubbles
Till I feel brand new

Now I'm strong and steady
And feeling ready
To help anyone who might be
Down in the dumps
Sad and grumpy like me

11) Be Careful

Chris got crowded
By the other boys and girls
They touched her and bumped her
And took away her toys

She felt hurt and sad
And wished she had
The courage to say

Be careful with my space please
I'll be careful with your space too
There's space enough when everyone agrees
To be careful, me and you

The next day Chris got crowded again
Every time she found a space
Someone else would rush right in

After being pushed around
She finally found
The courage to say, "Stop!"

Be careful with my space please
I'll be careful with your space too
There's space enough when everyone agrees
To be careful, me and you
The others were surprised
They didn't realize
That they were in her way

They apologized
And learned to compromise
Now everyday you can hear them say

Be careful with my space please
I'll be careful with your space too
There's space enough when everyone agrees
To be careful, me and you

12) When A Kite Flies

When a kite flies
Someone is there holding the string
When a kite flies
The kite finds a way to use its wings

When a kite flies
The tails keeps it pointed toward the sky
I fly like a kite flies
'Cause I have the very same things

When I fly
Someone is there helping me
When I fly
I use my wings to set me free

When I fly
My self control keeps me pointed toward the sky
I fly like a kite flies
It's all inside of me