



*five songs for*  
**SOCIAL EMOTIONAL  
LEARNING**



# welcome

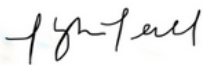
Hi there! I'm Stephanie Leavell -- a mom, educator, music therapist, and the founder of [Music For Kiddos](#), an online resource for high-quality children's music.

Music is an incredible tool for supporting childhood development, building confidence, and fostering social emotional learning. We use movement songs for sensory and emotional regulation, breathing songs for relaxation, instrument songs for motor coordination, and lyrics to support social emotional and academic concepts.

I'd love to give you five of our favorite songs for supporting social emotional learning. You can find the MP3s in this PDF, or, you can stream the songs on [Spotify](#), [YouTube](#), [Apple Music](#), [Amazon Music](#), and all of the other streaming services.

We also share ideas and new songs on [Instagram](#), [Facebook](#) and [TikTok](#).

I hope you and the kids in your life enjoy these songs. Please keep in touch and let's chat soon!



Stephanie Leavell, MT-BC  
Music Therapist, Board Certified



# five songs

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01. I Can Do Things

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02. All I Want To Do

.....

03. Grizzly Bear Grump

.....

04. It's A Good Day

.....

05. Breathe

.....





# I CAN DO THINGS

A validating and affirming song for kids.

Tip: This is great program song for upper elementary!

# I Can Do Things

by Stephanie Leavell

(Download the MP3 [HERE](#), instrumental backing track [HERE](#))

**D Em/B G A D x2**

**D Em/B G**  
I'm taking a chance, trying something new  
**A D**  
Sometime I'm a little scared to do  
**Em/B G**  
Dust off my cape, stand a little taller  
**A D**  
And already, I'm feeling stronger

CHORUS:

**G D**  
Oooooh cuz I am brave  
**G D**  
Oooooh and I am strong  
**G Em**  
Oooooh and I can do things  
**A D**  
Even when they're hard **X2**

**D Em/B G**  
I have butterflies that I don't want to show  
**A D**  
Well sometimes, that's just how life goes  
**Em/B G**  
So take a deep breath and keep moving ahead  
**A D**  
One foot in front of the other, my friend

CHORUS X2

**D Em/B G A D**  
I believe in you, you believe in me. Together, we can do anything. **X4**

CHORUS X2

**D Em/B G A D x2**



## ALL I WANT TO DO

A fill-in-the-blank feelings song that is paired with movement. If you're feeling a certain way, how might you move your body to express that feeling? By expressing that feeling, kids may be able to feel more regulated by the end of the song.

Tip: Practice this song when kids feel good, and have them pretend that they feel sad, angry, frustrated, etc. It might be a trickier sell if you introduce this song when they're dysregulated!

## All I Want To Do

by Stephanie Leavell

(Download the MP3 [HERE](#), instrumental backing track [HERE](#))

**A**  
It's one of those days

**G**  
We all have 'em

**D**  
I'm feeling off and strange

**A**  
It's one of those days

**A**  
I feel \_\_\_\_\_

**G**  
So/a little bit/really \_\_\_\_\_

**D**  
We all feel it sometimes

**A**  
I feel \_\_\_\_\_

**A**  
And all I want to do is \_\_\_\_\_

**G**  
All I want to do is \_\_\_\_\_

**D**  
Oooh

**A**  
All I want to do is \_\_\_\_\_



## GRIZZLY BEAR GRUMP

A movement song that matches movements to the feeling of grumpiness. The goal: Identify the feeling and express it through movement.

Tip: This song is best if kids learn it when they're feeling good and pretending to be grumpy. Then the term "grizzly bear grump" can be kindly used as part of helping kids identify their own feelings. "How's your body feeling today? Is it feeling a little 'grizzly bear grumpy' today?"



## Grizzly Bear Grump

by Stephanie Leavell

(Download the MP3 [HERE](#), instrumental backing track [HERE](#).)

### A Section

**E**

I'm a grizzly bear grump

**G**

I feel really mad

**A**

And when I feel bad

**G**

**E G A G**

I make to sure move my body

*Repeat A*

### B Section

**E**

I can stomp my feet— STOMP STOMP

**G**

Squeeze my arms— SQUEEZE SQUEEZE

**A**

Twist my shoulders— TWIST TWIST

**G**

**B7**

Stretch up and say GRRRRRRR

*Repeat B*

*Repeat A and B as needed, then when they've had an opportunity to move and regulate, play C*

### C Section

**E G A G E G A G**

Hey! I'm starting to feel better...

**E G A G E G A G**

Hey! I'm starting to feel better...

*Repeat A and B OR end.*



## IT'S A GOOD DAY

A cheerful and encouraging song that also validates challenging times.

Tip: This song can be played on ukulele and works great for an upper elementary program that includes ukes!

## It's A Good Day

by Stephanie Leavell

(Download the MP3 [HERE](#), instrumental backing track [HERE](#))

**C**

Paint on my hands, a song in my heart

**Gsus**

I'm thinking of you even though we're apart

**Am**

**F**

It's a good day, it's a good day

**C**

Extra love in the air, extra care everywhere

**Gsus**

Can you feel it in your bones, the world's right there

**Am**

**F**

It's a good day, it's a good day

### CHORUS

**C**

Today is gonna be an awesome day

**Gsus**

Singing and a dancing in my own way

**Am**

We're all in this together, it'll be okay

**F**

It's a good good good good good good day

**C**

If I close by eyes, you're right by my side

**Gsus**

Even if I have to stay inside

**Am**

**F**

It's a good day, it's a good day

**C**

We are brave, we are strong

**Gsus**

We are connected through art and song

**Am**

**F**

It's a good day, it's a good day

### CHORUS x2



# BREATHE

A simple breathing song that can help kids regulate their sensory systems.

Tip: Try this song right before your "goodbye" song in a group setting. Then do your goodbye song very, very quietly (almost a whisper) and see if the participants will get quiet with you. (They often do.)

## Breathe

by Stephanie Leavell

(Download the MP3 [HERE](#), instrumental backing track [HERE](#))

**C**            **F**  
Breathe, just breathe  
          **Am**  
Take a deep breath  
          **G**  
And just breathe

{repeat}

**F**    **C** **G**  
Raise your hands up high  
          **F**    **C**    **G**  
Stretch your fingers to the sky

**C**            **F**  
Breathe, just breathe  
          **Am**  
Take a deep breath  
          **G**  
And just breathe  
          **C**  
Just breathe