



Grades 4 and 5 Song Lyrics

Walk, Walk, Walk

(Ha ha ha, yeah!)

I'll bet you've had strong feelings coming
from within
Hard to see another's point of view when
you're in your own skin
Changing your perspective, thinking through
your stuff
Empathy's not easy when the going
gets rough

You know that it may be hard to think it through
Other people feeling different because
they're not you

Chorus:

You gotta walk, walk, walk
Walk in their shoes
Take a look and see what they're seeing
Walk, walk, walk
Walk in their shoes
Try to understand
What it would feel like to be them
You gotta walk, walk, walk
Walk in their shoes
Empathy is what we're saying
Recognize those feelings
You've felt them too
That's empathy

You see she's getting angry, you've felt
that feeling too
Embarrassed, jealous, scared: strong
emotions through and through
Empathy's the pathway to recognize
and walk
So you can dish out some compassion
and really walk the talk

People showing strong feelings
What do you do?
Show them that you get it
Treat them with kindness through
and through

Chorus

...and reach out too
Yeah, empathy
Empathy
Empathy...



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Calm Down

It's astounding, how intense is this feeling
Anger is building up, you need some healing
But listen closely, there's a way to do it
Feel the power, keep control, work on
through it

Instead of those wild, knee-jerk reactions
You gotta catch your own attention
Emotions come calling
Instead of just falling
To brawling, name calling, or whining
and bawling

Chorus:
Stop, name your feeling, calm down
Stop, name your feeling, calm down

(Stop! Give yourself a signal like stop, chill,
hold up, hang on)

You send a signal to yourself then stop!

(Okay, now name the feeling. Are you
angry? Embarrassed? Worried? Scared?
Figure it out and name it.)

Just name that feeling, it's just the thing
It slows you down and makes you think
And then you start to calm right down
By just breathing, using self-talk
or counting

(And a-one, two, three)

Chorus

(Remember this: When you have strong
feelings like anger, fear, or jealousy,
before they take over, you take that
power. Emotions don't drive you. You
have the key!)

By slowing it down and feeling
your power
And naming your particular feeling
You're stopping the landslide
You're taking that deep breath
Saying good things: "You can do this!"
And now you're in control!

Chorus

Chorus

Chorus

Chorus



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Step Up

Here's a great way to remember
Keep it strong in your head, yeah
After the storm of strong emotions
Here's the way to solve the problem, yeah

I say step (step)
I just remember to step (step), oh child

S, you say the problem out loud now
T, now think solutions that may work and how
E, explore consequences: What would
happen if...?
P, now pick the best solution and make your
plan, yeah

Chorus:
You got to step (step)
Step up to be cool, yeah
(S, T, E, P) Give ya power now
After the storm of strong emotion
(S, T, E, P) Solve the problem now

(Now listen to me, all you good people!
There's nothing wrong with strong emotion.
But after you calm it down, you still got
a problem, see? Now you gotta fix it. And
you can!)

Oh, you step up
Let me show ya



(Say you're in line and a kid come cuts in
front of ya. Whoa! That make you mad,
brothers and sisters. So feel it, and calm it,
and take another look, yeah.)

(Step) Whoa let me show you now
S, you say the problem out loud now
(You both want to be first in line. No blame!)
T, now think solutions that may work and how
(Now these gotta be safe and respectful. No
pushing, no shoving, see?)
E, explore consequences: What would
happen if...?
(How will other people feel? How will you
feel? Will it work?)
P, now pick the best solution and make your
plan, yeah
(Choose it and act on it!)

Chorus

S, you say the problem out loud now
T, now think solutions that may work and how
E, explore consequences: What would
happen if...?
P, now pick the best solution and make your
plan, yeah

You got to step (step)
I just remember to step (step), oh child
Say you wanna step (step)
You got to step, you got to step (step), oh yeah
(Step)