

ResilientYOU

RESILIENCE   
 BUILDING  
TOOLKIT

EASY  AS 123

Instructions for

**EPISODE 1** Hosted by Brittany James!

something  
**good**  
for kids



BUILDING RESILIENCE IN YOUR FAMILY IS

# EASY AS 123



## *Simply...*



Watch “Something Good Inc.” half hour children’s show for



Review Questions and Challenges after each music



Discuss and set family and individual goals that incorporate each



### **NOTE:**

Parents can watch the half an hour special with children all at once or spread out over a period of time. When issues arise in the family that have to do with topics the songs address, parents can show each applicable music video and review the associated questions, challenge and goal with children.

Kids can also watch the show for entertainment. Remember that listening to the songs and watching the videos over and over again will also help to reinforce the positive messages with children. The more



### Music Video #1 *Something Good*

**Questions:** What are some things you like to do to help people?

How do you feel when you do something good for someone else?

**Challenge:** Be Giving

**Goals:** Discuss ways you can be giving as a family and individually.

Set family goal to be giving.

Set individual goals to be giving.

### Music Video #2 *I'll Be Nice*

**Questions:** Why is it important to treat each other with kindness?

How can we be kind to people?

**Challenge:** Be Kind

**Goals:** Discuss ways you can be kind as a family and individually.

Set family goal to be kind.

Set individual goals to be kind.

### Music Video #4 *Thinking Positive*

**Questions:** How can your attitude affect the way you act?

Why is it important to be positive?

**Challenge:** Be Positive

**Goals:** Discuss ways you can be positive as a family and individually.

Set family goal to be positive.

### Music Video #6 *I've Decided*

**Questions:** Why is it important to decide to say no to harmful things ahead of time?

What do you do if someone asks you to do something wrong? good for someone else?

**Challenge:** Be Safe

**Goals:** Discuss ways you can be safe as a family and individually.

Set family goal to be safe.

Set individual goals to be safe.

### Music Video #3 *Two Heads Are Better Than One*

**Questions:** Why is it important to work together?

How can we work together?

**Challenge:** Be Helpful

**Goals:** Discuss ways you can be helpful as a family and individually.

Set family goal to be helpful.

Set individual goals to be helpful.

### Music Video #5 *Take a Stand*

**Questions:** What does taking a stand mean to you?

When should we take a stand?

**Challenge:** Be Strong

**Goals:** Discuss ways you can be strong as a family and individually.

Set family goal to be strong.

Set individual goals to be strong.

### Music Video #7 *Resilient*

**Questions:** How do we grow through hard times?

What does Resilience mean to you?

**Challenge:** Be Resilient

**Goals:** Discuss ways you can be resilient as a family and individually.

Set family goal to be resilient.

Set individual goals to be resilient.

*Remember what we've learned...*

**Be Giving**

**Be Kind**

**Be Helpful**

**Be Positive**

**Be Strong**

**Be Safe**

**Be Resilient**

# Episode 1 Music Video Song Lyrics

## Something Good

Music and Lyrics by Steve James  
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*(Intro)*

When I'm at school  
And friends aren't cool or kind  
If they make fun  
Or tease someone I find  
I remember what my mama told  
me  
She said  
Child, if you could only see . . .

*(Chorus)*

You gotta do something good  
For someone else each day  
You gotta try and find  
Something good to say  
'Cause when you help someone  
They smile wide  
And you feel something good  
inside  
Well you know you should  
Try and do something good

*(Repeat Chorus)*

*(Bridge)*

And if I ever have bad days  
I won't take it out on you  
'Cause I can find some better



# Episode 1 Music Video Song Lyrics (cont)

## I'll Be Nice

Music and Lyrics by Steve James  
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*(Choir Part 1)*

Gdomo kpa kpa jimi

*(pronounced: "bomo papa jimmy")*

Se mo no ni hi

*(pronounced: "say mo no nee hee")*

*(Adult Part 2)*

I'll be nice

Nice to my brother

Kind to each other

I'll be a friend

And I won't

I won't be violent

Keep anger silent

Control within

*(Children's Choir Part 3)*

I'll be nice

I'll be kind

Treat others right

Made up my mind

*(The words in Choir Part 1 are from an African dialect from Ghana, which directly translates as, "I will do the right thing.")*

## Episode 1 *Music Video Song Lyrics* (cont)

# Two Heads Are Better Than One

Music and Lyrics by Steve James | ©2020, 2000 Something Good Inc.

You can do some things better than I can  
I can do some things better than you  
We can all learn by working together  
Think of the many things we can do

Work, work, working together  
Play, play, playing our part  
Helping each other getting things done  
Sometimes two is better than one  
Two heads are better than one

You can learn some things quicker than I  
can  
I can learn some things quicker than you  
We can all learn by working together  
Think of the many things we can do

Work, work, working together  
Play, play, playing our part  
Helping each other getting things done  
Sometimes two is better than one  
Two heads are better than one

We're working together  
Getting things done  
Well we're helping each other

## Episode 1 Music Video Song Lyrics (cont)

# Thinking Positive

Music and Lyrics by Steve James  
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*(Chorus)*

I'm thinking positive and that's a fact  
My attitude affects the way I act

*(Chorus Repeats)*

*(Bridge)*

There may be problems all around  
But I won't let them get me down

*(Chorus Repeats Twice)*

Thinking Positive  
Siento bien (I feel good)  
It's my attitude  
Mi actitud (my attitude)

*(Spoken Twice)*

*(Chorus Repeats Twice)*

Siento bien  
Mi actitud

*(Bridge in Spanish)*

De vez en cuando encuentro problemas  
Si siento bien los puedo hacer pequeños

*(Chorus Repeats with Counterpart)*

## Episode 1 Music Video Song Lyrics (cont)

# Take A Stand

Music and Lyrics by Steve James  
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*(Verse)*

When you're home or when you're at school  
You want your friends to think you're cool  
There's a way to get respect  
You gotta chose  
You gotta elect to take a stand

*(Chorus)*

Stand for something good each day  
Stand for something lead the way  
Stand for something it's you're call  
Stand for something and you won't fall  
Just take a stand

*(Verse)*

There are some who might make fun  
Causing trouble for everyone  
Stand for something don't give in  
You can do, you'll be a winner take a stand

*(Chorus)*

*(Bridge)*

Ouu I'm gonna take a stand  
I'm gonna take a stand

*(Chorus)*

## Episode 1 Music Video Song Lyrics (cont)

# I've Decided

Music and Lyrics by Steve James  
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If by chance someone comes along  
And asks you to do something  
wrong  
I'll turn around I'll walk away  
It doesn't matter what they say

*(Chorus)*

'Cause I've decided to say no  
If they don't like me  
That's the way it goes  
'Cause I've decided

I've decided to do what's right  
It doesn't matter  
If it's day or night  
'Cause I've decided

*(Repeat)*

To drinking and drugs  
I say no  
To violence and crime  
I say no way  
To drinking and drugs  
I say no  
To violence and crime  
I say no way

# Episode 1 Music Video Song Lyrics (cont)

## Resilient

Music and Lyrics by Steve James  
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When the world knocks me down  
I get off the ground  
Promise myself to keep on going  
If the going gets tough  
Cause life can be rough  
I know that I will keep growing

Hard things we go through  
Make us stronger in the end  
That's how we grow – I know that  
I can own tomorrow  
Rise above the sorrow  
I can be the hero when

I am resilient  
I have the power to overcome  
I am resilient  
I have the strength to carry on

If I'm feeling alone  
Or left on my own  
I will reach out to lift another  
When I give of myself  
To those who need help  
I find that we can heal each other

Hard things we go through  
Make us stronger in the end  
That's how we grow – I know that  
I can own tomorrow  
Rise above the sorrow  
I can be the hero when

I am resilient  
I have the power to overcome  
I am resilient  
I have the strength to carry on

And no matter what stands in my way  
Any mountain I can climb  
Cause I find hope in every day  
And now it is my time

To be resilient  
I have the power to overcome  
I am resilient  
I have the strength to carry on

We are resilient  
We have the power to overcome  
We are resilient  
We have the strength to carry on

We are resilient