

Let's All Shine Together



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Rus Devorah (Darcy) Wallen & NOGA Wellness Solutions®

Let's All Shine Together

A Musical Toolkit for Growing Friendship, Kindness, and Inclusion

Dear Parents and Educators,

Welcome to **Let's All Shine Together** — a joyful, research-supported collection of original songs and lesson plans designed to nurture the social and emotional growth of children ages 4–10 through the universal language of music.

This project began with a simple question: What helps children shine the most?
The answer — time and again — is **each other**.

Whether they're learning to share, to listen, or to offer a helping hand, children develop emotional strength and self-awareness through their **relationships with peers**. When we teach kindness through rhythm, compassion through melody, and teamwork through song, those lessons stay with them long after the music ends.

Each weekly unit includes a catchy, age-appropriate song paired with engaging, hands-on activities that promote friendship, empathy, and inclusion. From twirling in kindness circles to building “belonging quilts,” each moment is designed to help children recognize their value and the joy of being part of a group that supports one another.

We created this resource to be practical, playful, and deeply meaningful — whether you're using it in a classroom, a living room, a therapy group, or a school assembly.

Thank you for helping your children and students *shine together*.

With gratitude,

The Let's All Shine Together Team

Rus Devorah (Darcy) Wallen & NOGA Wellness Solutions®



WHY FRIENDSHIP AND TOGETHERNESS MATTER — THE SCIENCE BEHIND SOCIAL SONGS

Modern developmental science tells us something that music teachers and parents have always known: **children thrive in connection**. When we give children the language — and melody — of friendship, we help shape their future success, happiness, and emotional resilience.

1. Social-Emotional Skills Fuel Learning

Research shows that children who develop strong social skills early on are more likely to succeed academically, manage emotions, and form healthy peer relationships.

- *Denham & Brown (2010); Jones et al. (2015)*

2. Friendship Supports Mental Health

Friendship reduces anxiety, buffers stress, and builds self-esteem. A sense of belonging is a powerful protector for growing minds and hearts.

- *Parker et al. (2006); Bukowski et al. (2010)*

3. Music Accelerates Connection

Group singing and musical play spark oxytocin (the bonding hormone), while rhythm and repetition deepen understanding. Singing together literally makes us feel together

- *Kirschner & Tomasello (2010); Welch et al. (2014)*

4. Cooperation Boosts Empathy and Inclusions

Working together on musical or creative tasks teaches perspective-taking, patience, and valuing others' contributions.

- *Tomasello et al. (2005); Raver & Knitzer (2002)*

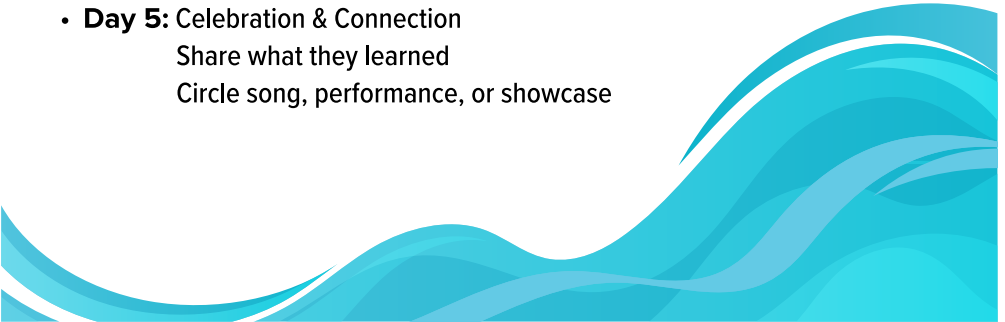
PRACTICAL BENEFITS FOR CLASSROOMS AND HOMES

Using Let's All Shine Together brings more than just smiles — it offers tools for long-lasting emotional growth:

- **Internalized Social Habits:** Children naturally begin to use the songs' language (e.g. "Helping hands!" or "We all belong!") in real situations.
- **Positive Peer Culture:** Songs create shared meaning and identity, reducing exclusion and increasing kindness.
- **Support for Emotional Literacy:** Activities help children name feelings, understand others, and make friends with confidence.
- **Creative Expression & Joy:** Children learn best when they're engaged. These songs bring both learning and delight.
- **Easy for Any Setting:** Adaptable for classrooms, homeschools, after-school programs, and therapy groups.

SUGGESTED WEEKLY RHYTHM

Suggested Weekly Flow:

- **Day 1:** Introduce the song and core theme;
Play and sing the track.
Discuss what the theme means (friendship, sharing, teamwork)
 - **Day 2:** Reflect or Share
Journaling, drawing, or storytelling.
Group discussion with prompts.
 - **Day 3:** Creative or Movement Activity
Art, drama, or physical games.
Movement-based expression of the theme
 - **Day 4:** Social-Emotional Skill Practice
Partner listening, kindness chart, team challenge
Mindful moments, breathing, or affirmations
 - **Day 5:** Celebration & Connection
Share what they learned
Circle song, performance, or showcase
- 

Week 1 – Let's All Shine Together



Theme: Friendship and Kindness Shine Brighter When Shared

Positive Psychology Principle:
Relationships and cooperation build joy, inclusion, and resilience

Core Message: We grow stronger and happier when we help each other.

Example Chorus:

Let's all shine (together), bright as the sky
Helping one another, reaching up high
Little lights make the world so new
I shine because of you

Activities:

- **Shine Stars:** Decorate paper stars with kind actions. Add to a "Shining Wall."
- **Kindness Chain:** Add a paper link for every kind act throughout the week.
- **Movement Prompt:** Circle dance — each child takes a turn "shining" with a smile or twirl.

Week 1 – Let's All Shine Together

- *Day 1: Introduce the song and core theme;
Sing the track.
Discuss "What does it mean to shine as a friend?"*
- *Day 2: Reflect or Share
Draw or write about a time they helped a friend
Group circle: "How can we shine together?"*
- *Day 3: Creative or Movement Activity
Make glittery paper stars with friendship phrases
Shine circle dance – take turns sharing a "shiny" move*
- *Day 4: Social-Emotional Skill Practice
Partner sharing: Take turns giving compliments
Simple breathing with hands on heart: "I shine with kindness"*
- *Day 5: Celebration & Connection
Star Parade: Sing and showcase their "Shining Star"
Classroom circle: Share how they helped others this week*

Lyrics

[Verse]

*I give a toy, you give a smile,
Sharing makes the world worthwhile.
Every gift is twice as sweet,
When it makes a friendship meet.*

[Chorus]

*Sharing makes us stronger, that's the
way,
Bringing joy to every day.
Hand in hand, we all belong,
Sharing turns to friendship's song.*



Week 2 – Sharing Makes Us Stronger



**Theme: Sharing Builds
Trust and Joy**

Positive Psychology Principle:
Giving builds empathy and
interpersonal connection

Core Message: *Giving and sharing make friendships grow stronger.*

Example Chorus:

*Sharing makes us stronger, that's the way
Bringing joy to every day
Hand in hand, we all belong
Sharing turns to friendship's song*

Activities:

- **Sharing Circle:** Bring one item from home or classroom to share
- **Double the Joy:** Draw two people sharing — caption with kindness words
- **Movement Prompt:** Practice passing and receiving objects gently in pairs

Week 2 – Sharing Makes Us Stronger

- *Day 1: Introduce the song and core theme;
Play and sing the song
Ask: “What does it feel like when someone shares with you?”*
- *Day 2: Reflect or Share
Draw or journal about a time they shared
Share in pairs: “How do you feel when you give something?”*
- *Day 3: Creative or Movement Activity
Create a friendship collage of shared things
Partner passing game with scarves or small toys*
- *Day 4: Social-Emotional Skill Practice
Role-play: “What do you do when someone doesn’t want to share?”
Calm breathing with soft toy sharing*
- *Day 5: Celebration & Connection
Sharing Showcase: Students “share” something they made
Group cheer: “Sharing makes us stronger!”*

Lyrics

[Verse]

*I give a toy, you give a smile,
Sharing makes the world worthwhile.
Every gift is twice as sweet,
When it makes a friendship meet.*

[Chorus]

*Sharing makes us stronger, that’s the
way,
Bringing joy to every day.
Hand in hand, we all belong,
Sharing turns to friendship’s song.*



Week 3 – Friends by My Side



**Theme: Friendship Offers
Comfort and Strength**

*Positive Psychology
Principle:
Belonging promotes
emotional resilience*

Core Message: *Friendship makes us braver and stronger.*

*Friends by my side, near or far
Shining brighter than a star
Together we can dance along
Friendship makes us brave and strong*

Activities:

- Friendship Journal: Write or draw something about a good friend
- Campfire Circle: Sing chorus with clapping and gentle humming
- Movement Prompt: Back-to-back trust pose in pairs

Week 3 – Friends by My Side

- Day 1: Introduce the song and core theme;
Play the track
Ask: “What makes someone a good friend?”
- Day 2: Reflect or Share
Draw “A friend who helps me when I fall”
Circle story: “A time I needed a friend”
- Day 3: Creative or Movement Activity
Create a “Friendship Badge” for someone in class
Back-to-back balance or mirror movements in pairs
- Day 4: Social-Emotional Skill Practice
Friendship role-play: “What can we say when someone’s sad?”
Heartbeat hug – place hand on chest and breathe together
- Day 5: Celebration & Connection
Group song with chorus and hand motions
Friendship Web: Use string or yarn to connect each child with a compliment

[Chorus]

Friends by my side, near or far,
Shining brighter than a star.
Through the sunshine, through the rain,
Love and laughter still remain.
Together we can dance along,
Friendship makes us brave and strong.

[Verse]

When I stumble, when I fall,
Friends are here to hear my call.
When I laugh, when I play,
Friends make brighter every day.
They lift me up, they sing my song,
With them, I feel I do belong.



Week 4 – Listen With My Heart



**Theme: Empathy
and Deep Listening**

**Positive Psychology
Principle:**

*Attentive listening builds
understanding and trust*

Core Message: True listening helps us understand others' feelings.

Example Chorus:

*I listen with my heart, not just my ears
Hearing your hopes, your dreams, your fears
Together we can understand
Listening hand in hand*

Activities:

- Listening Pairs: One child talks, the other reflects back
- Heart Ears Craft: Paper ears shaped like hearts to wear or decorate
- Movement Prompt: Silent walk in pairs, focused on observation

Week 4 – Listen With My Heart

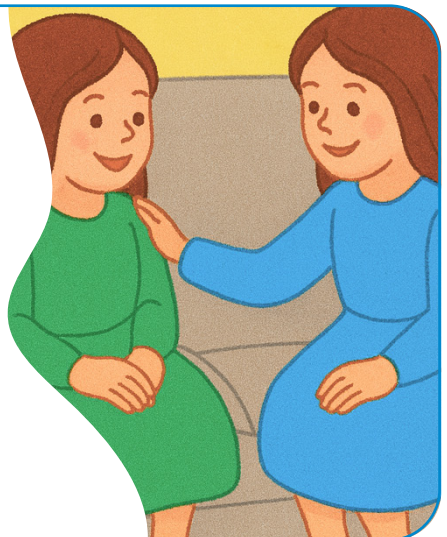
- Day 1: Introduce the song and core theme;
Listen to the song
Ask: “What does it mean to listen with your heart?”
- Day 2: Reflect or Share
Draw a picture of someone listening to you
Practice taking turns saying how they feel, then reflecting it
- Day 3: Creative or Movement Activity
Make “listening crowns” with kind words glued on
Pair walks – walk silently and notice sounds together
- Day 4: Social-Emotional Skill Practice
Practice looking, nodding, and repeating back what’s heard
“Heart Breaths” – breathe in love, breathe out listening
- Day 5: Celebration & Connection
“I Hear You” Show – each child shares something kind they heard
Group affirmation: “I listen with my heart!”

[Verse]

When you speak, I'll listen near,
Every word I want to hear.
Listening helps me understand,
We can walk hand in hand.

[Chorus]

I listen with my heart, not just
my ears,
Hearing your hopes, your dreams,
your fears.
Together we can understand,
Listening hand in hand.



Week 5 – Together We Can



**Theme: Cooperation
and Teamwork**

**Positive Psychology
Principle:**
*Shared efforts build motivation
and success*

Core Message: *We achieve more when we work together.*

Example Chorus:

*Together we can, strong and free
Together we can, just you and me
We can build, we can dream
Together we're the perfect team*

Activities:

- **Bridge Builders:** Teams build something together (blocks, paper towers, Legos)
- **Team Puzzle:** Complete a puzzle or mural as a group
- **Movement Prompt:** Rhythm clapping and chanting: "Together we can!"

Week 5 – Together We Can

- *Day 1: Introduce the song and core theme;
Play the track
Ask: “What happens when we work as a team?”*
- *Day 2: Reflect or Share
Draw a time you helped a team
Group share: “What does a good teammate do?”*
- *Day 3: Creative or Movement Activity
Create a class mural or team flag
Group clapping or movement sequence – everyone adds one move*
- *Day 4: Social-Emotional Skill Practice
Partner task challenge (e.g. build a small sculpture together)
“Team Breath”: Inhale together, exhale together*
- *Day 5: Celebration & Connection
Perform the chorus with group-created choreography
“Team of the Week” moment – spotlight how the group worked together*

[Verse]

*Building bridges, playing games,
Working hard, we share the same.
Side by side, we find the way,
Making brighter every day.*

[Chorus]

*Together we can, strong and free,
Together we can, just you and me.
We can build, we can dream,
Together we’re the perfect team.*



Week 6 – Helping Hands



Theme: Helping Builds Strength and Trust

Positive Psychology

Principle:

Altruism increases well-being and connection

Core Message: We are stronger when we lift each other up.

Example Chorus:

Helping hands are kind and true

Helping hands will see us through

When we give, we find the way

Helping makes a brighter day

Activities:

- Helping Chart: Record small acts of help each child does during the week
- Helping Hands Craft: Trace hands, write or draw how they can help
- Movement Prompt: Partner movement with one child helping the other balance, walk, etc.

Week 6 – Helping Hands

- *Day 1: Introduce the song and core theme;*
Play the song
Ask: “What do helping hands do?”
- *Day 2: Reflect or Share*
Draw someone helping another person
Group talk: “Who helped you this week?”
- *Day 3: Creative or Movement Activity*
Create “Super Helper” badges
Partner hand poses – one leads, one follows
- *Day 4: Social-Emotional Skill Practice*
Role-play: “What could you do if someone falls or is sad?”
“Helping Breath” – breathe in calm, breathe out care
- *Day 5: Celebration & Connection*
Chorus sing-along with clapping
Celebrate: “Help Hero of the Day” nominations

[Verse]

*When you fall, I'll lift you high,
Helping hands will always try.
Side by side, we'll stand so tall,
Helping hands can do it all.*

[Chorus]

*Helping hands are kind and true,
Helping hands will see us through.
When we give, we find the way,
Helping makes a brighter day.*



Week 7 – Everyone Belongs



Theme: Inclusion and Belonging

**Positive Psychology
Principle:**
*Acceptance builds identity
and self-worth*

Core Message: *Everyone is valuable and welcome.*

Example Chorus:

*Everyone belongs, you and me
Together makes a family
Different, special, side by side
Belonging fills our hearts with pride*

Activities:

- **Belonging Quilt:** Each child decorates a square about themselves; connect as one class piece
- **All Voices Circle:** Each child says or sings their name with a movement
- **Movement Prompt:** Whole group circle — hold hands and walk/move together in rhythm

Week 7 – Everyone Belongs

- *Day 1: Introduce the song and core theme;
Listen and sing the chorus
Ask: “What does it feel like to belong?”*
- *Day 2: Reflect or Share
Draw “What makes me special”
Share in pairs: “One thing I love about myself”*
- *Day 3: Creative or Movement Activity
Create self-portraits or identity flags
Move in a “Belonging Circle” – no one left out*
- *Day 4: Social-Emotional Skill Practice
Practice including others in games
“Belonging Breath” – breathe together in a group circle*
- *Day 5: Celebration & Connection
Sing chorus with full class motions
Display the quilt or gallery of portraits – celebrate community*

[Verse]

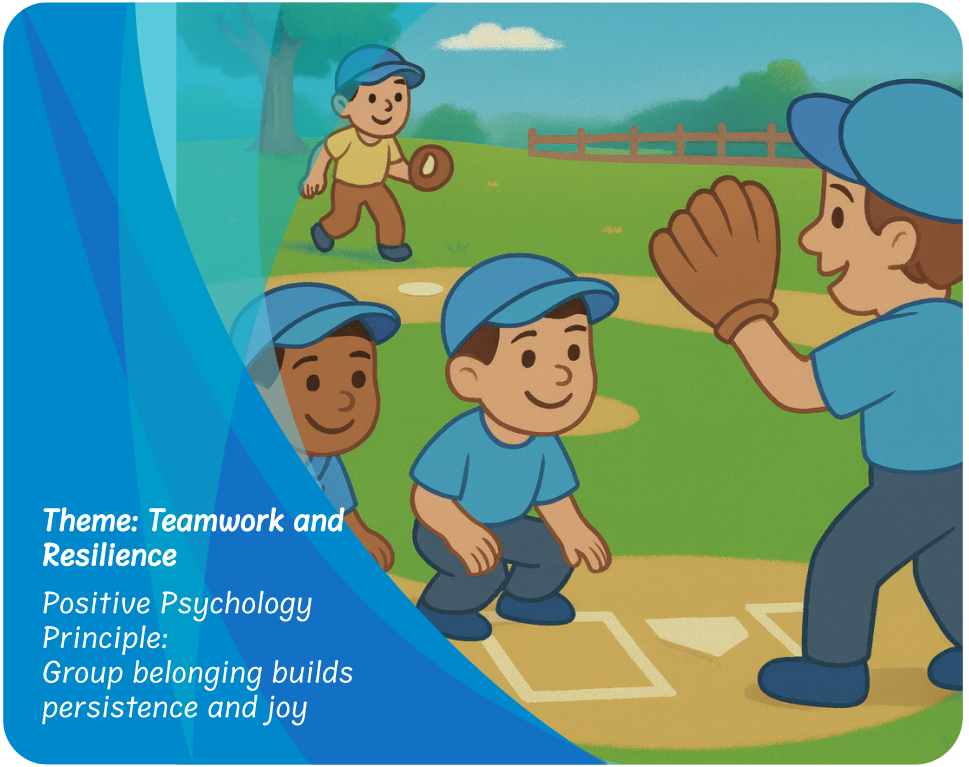
*Big or small, come join the song,
In this place we all belong.
Different voices, loud and clear,
Everyone is welcome here.*

[Chorus]

*Everyone belongs, you and me,
Together makes a family.
Different, special, side by side,
Belonging fills our hearts with pride.*



Week 8 – My Team and Me



Theme: Teamwork and Resilience

Positive Psychology

Principle:

Group belonging builds persistence and joy

Core Message: *Win or lose, teamwork makes us strong.*

Example Chorus:

*My team and me, we play as one
Cheering loud when games are done
We don't give up, we see it through
Teamwork makes us strong and true*

Activities:

- Team Cheer: Children invent a short cheer together
- Pass the Ball: Sit in a circle, pass the ball, cheer for each turn
- Movement Prompt: Marching or clapping in sync as a "team parade"

Week 8 – My Team and Me

- Day 1: Introduce the song and core theme;
Sing the chorus
Ask: “What’s the best part of being on a team?”
- Day 2: Reflect or Share
Draw “My team” – could be class, family, or sports
Group share: “What makes a great teammate?”
- Day 3: Creative or Movement Activity
Team flag or mascot creation
Team relay (non-competitive, cooperative)
- Day 4: Social-Emotional Skill Practice
Discuss: “How do we act when things don’t go our way?”
“Team Breath”: Breathe in strong, breathe out steady
- Day 5: Celebration & Connection
Perform the song as a group with energy
Give each child a “Teammate Award” (can be drawn or verbal)

Verse]

*We kick the ball, we take the run,
Working together makes it fun.
Win or lose, we’ve done our best,
Together we can pass the test.*

[Chorus]

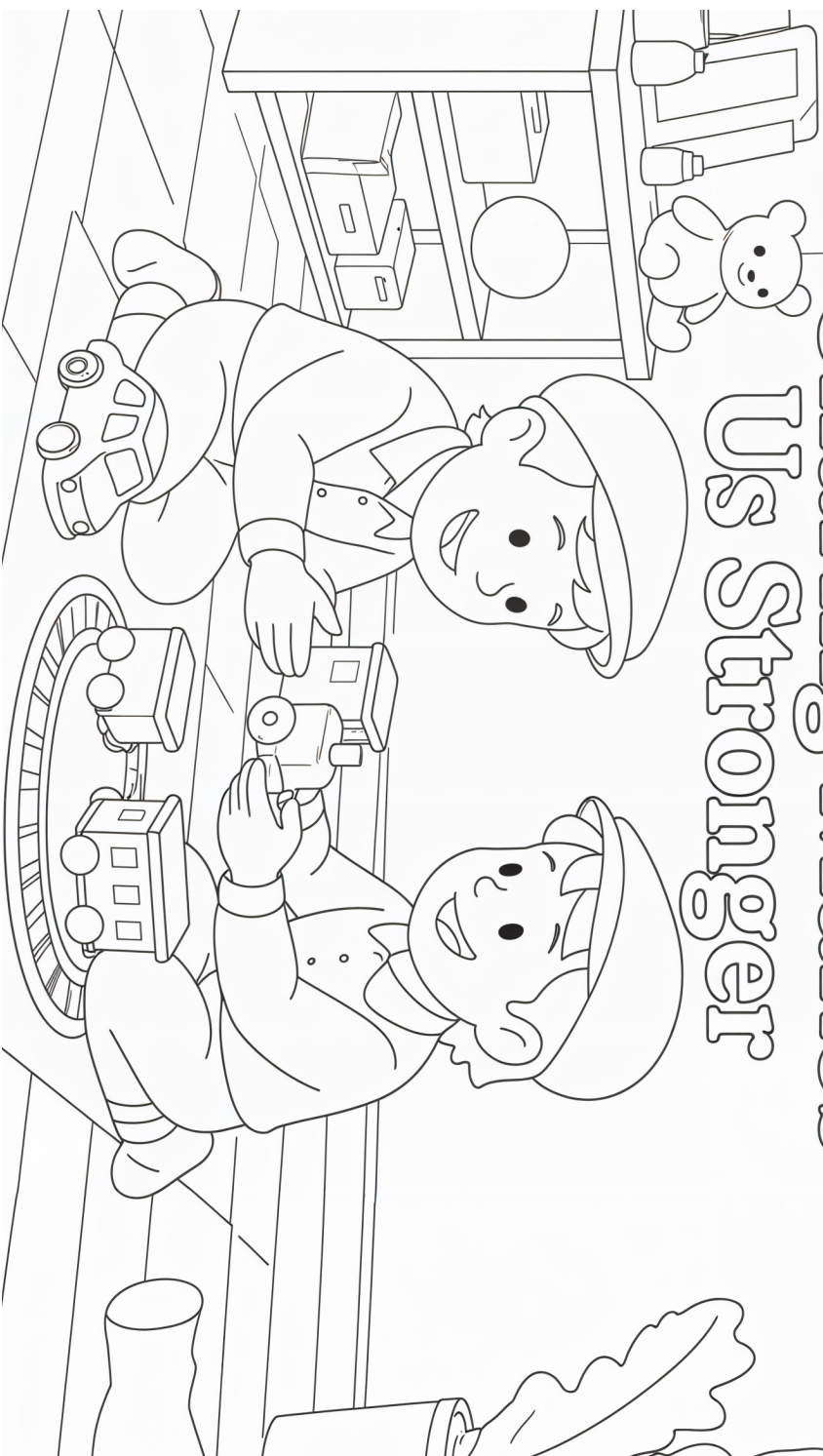
*My team and me, we play as one,
Cheering loud when games are done.
We don’t give up, we see it through,
Teamwork makes us strong and true.*



COLORING PAGES



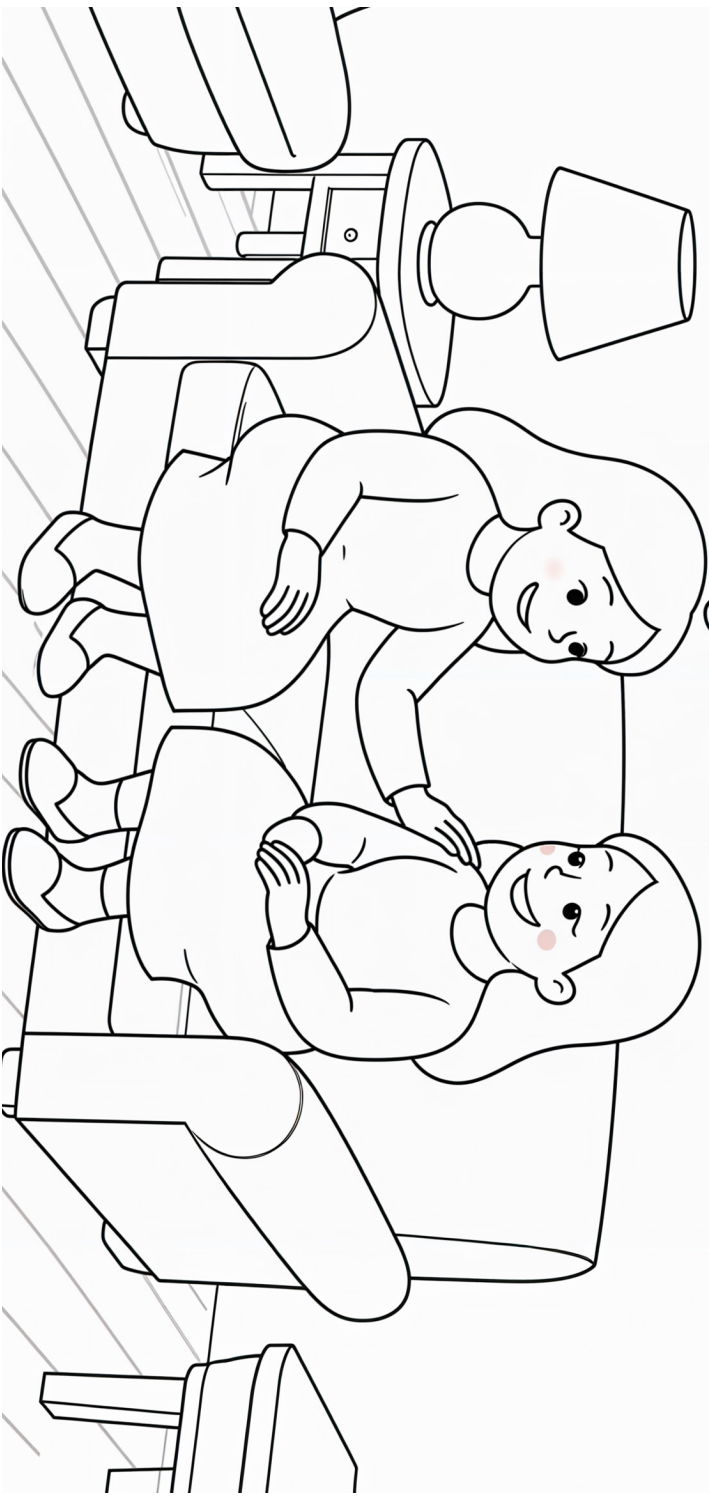
Sharing Makes Us Stronger



Friends by My Side



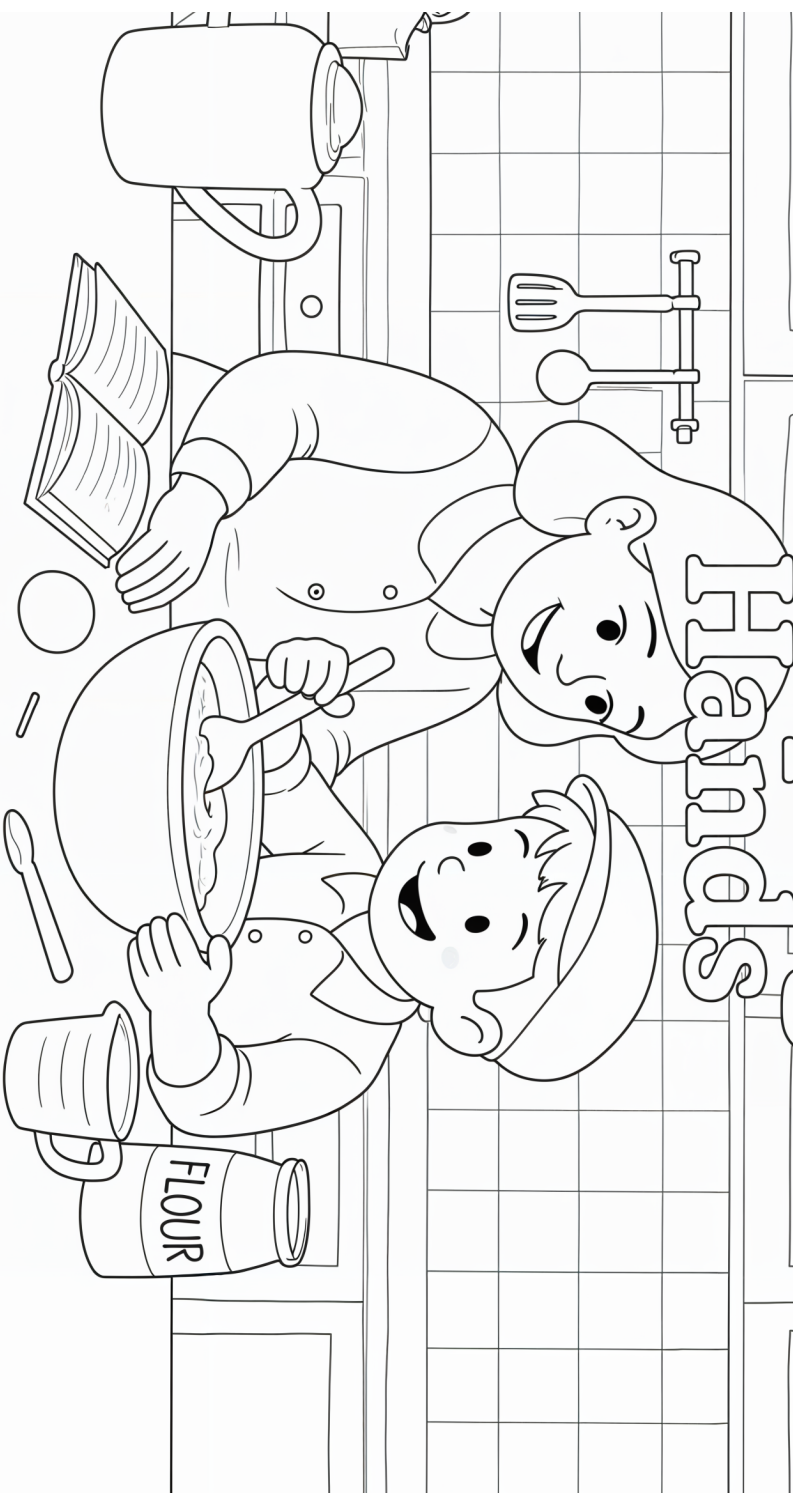
Listen With My Heart



Together We Can



Helping Hands



Everyone Belongs



My Team and Me



CLOSING THOUGHT

Music does more than entertain – it teaches, uplifts, and connects. Through singing, movement, and shared emotion, children build the social and emotional skills they need to thrive. Let's All Shine Together invites young learners into a world where kindness is cool, helping is heroic, and every child belongs.

Whether your child is clapping to the beat of “Helping Hands” or twirling in a “Shining Circle,” these songs plant seeds of empathy, joy, and cooperation that will continue to grow.

Let's raise a generation of children who know how to:

*Be a friend
Listen with care
Share with joy
Lift each other up
Shine with kindness
Include everyone
All through music. All together.*

Thank you for making space in your home, classroom, or community for music that heals and helps. Thank you for helping your children shine – with and for one another.

With gratitude,

The Let's All Shine Together Team

