

Songs to Grow By



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Rus Devorah (Darcy) Wallen & NOGA Wellness Solutions®

Songs to Grow By

Positive Psychology Lesson Plan Pack for Parents and Educators

Dear Parents and Educators,

Welcome to the **Songs to Grow By** series — a collection of original affirmation-based songs created to nurture the emotional, spiritual, and psychological well-being of children ages 4–10.

We designed this project with one powerful idea in mind: music can help children grow from the inside out. Each song focuses on a core value—like kindness, resilience, gratitude, or belonging—delivered in joyful, child-friendly language with melodies that are easy to sing and remember.

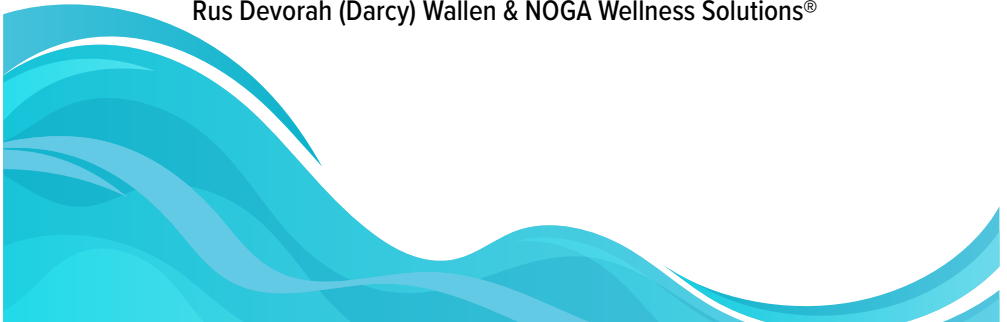
But this series is more than just fun songs. It's grounded in research from the fields of positive psychology, music education, and child development. Modern science confirms what parents and teachers have long known: when children hear and repeat positive, uplifting messages through music, something meaningful begins to take root.

We are honored to share this work with you and excited to see how your families and classrooms grow with the help of music, love, and positive language.

Warmly,

The Songs to Grow By Team

Rus Devorah (Darcy) Wallen & NOGA Wellness Solutions®



WHY THIS MATTERS – THE SCIENTIFIC FOUNDATION

Modern research in positive psychology, music education, and child development strongly supports the use of music and affirmations in fostering emotional, social, and cognitive growth in children. Here's how these elements help:

1. Self-Esteem and Confidence

Children who hear affirming messages about their worth build stronger self-perceptions.

- Smeeke et al. (2017): Self-affirmation improves resilience in children.
- Sherman & Cohen (2013): Affirmations help buffer against feelings of inadequacy.

2. Growth Mindset and Motivation

Affirmations that highlight progress and effort help children persevere.

- Dweck & Yeager (2019): Early encouragement fosters growth-oriented thinking.
- Rattan et al. (2015): Empowering language supports self-efficacy.

3. Emotional Regulation

Music's rhythm and repetition calm the nervous system and support self-regulation.

- Thompson & McFerran (2015): Songwriting aids emotional expression.
- Greenberg et al. (2017): Mindfulness-based music promotes awareness.

4. Empathy and Social Skills

Group music-making enhances connection and prosocial behavior.

- Kirschner & Tomasello (2010): Joint music-making promotes cooperation.
- Hallam (2015): Music supports empathy and peer bonding.

5. Stress and Anxiety Reduction

Music reduces cortisol and promotes feelings of safety.

- Fancourt et al. (2019): Music lowers stress markers in children.
- Gold et al. (2014): Music therapy helps children in emotional distress.

6. Gratitude and Belonging

Songs about gratitude help children feel more connected to others.

- Froh et al. (2014): Gratitude increases optimism and peer support.
- Emmons & Mishra (2011): Children practicing gratitude feel more supported.

PRACTICAL BENEFITS

- **Internalized Positive Beliefs:** Children begin to naturally repeat empowering self-talk.
- **Emotional Learning Tools:** Teachers and parents gain tools to teach regulation, empathy, and confidence.
- **Stronger Family/Classroom Bonds:** Songs become rituals of connection and healing.
- **Music as a Healing Agent:** For children with anxiety or emotional needs, music becomes a safe, joyful outlet.

WEEKLY USE STRUCTURE

Suggested Weekly Flow:

- **Day 1:** Introduce the song and core theme; play and sing the track
- **Day 2:** Group discussion or journaling/reflection
- **Day 3:** Creative expression or movement
- **Day 4:** Affirmation or mindfulness activity
- **Day 5:** Celebration circle or share-out

HOME CONNECTION TIPS:

- Send home lyrics or listening links
- Encourage families to reflect and sing together
- Offer take-home drawing or gratitude prompts



Week 1 – Thank You, God (Hashem)



Theme: Gratitude

Positive Psychology
Principle:

Gratitude increases
happiness, security, and
connection

Core Message: We are surrounded by gifts every day—like trees, food, hugs, and sunshine—and we can say thank You for each one.

Example Chorus:

Thank You, Hashem, for all You do
For all the gifts, so big, so true
From hugs to rain and skies so blue
Every day, I say thank You

Activities:

- Gratitude Circle: Each child shares one thing they're thankful for
- Gratitude Drawing: Draw a favorite blessing
- Blessing Jar: Add a note of gratitude each day
- Movement Prompt: Stretch for trees, flutter like birds, hug self for love

Week 1 – Thank You, God (Hashem)

*Oh-oh-oh, I feel so blessed!
Oh-oh-oh, I am at rest!*

*The sun shines down so warm and bright,
The moon glows softly through the night,
The rain that falls, the air so free,
G-d, You made it all for me!*

*The apples crisp, the berries sweet,
The bread I love, the food I eat,
Every bite's a gift to share,
A sign that You are always there!*

[Chorus]

*Thank You, G-d, for all You do,
For all the gifts, so big, so true!
From hugs to rain and skies so blue,
Every day, I say thank You!*

*My family's love, my friends so dear,
The joy that grows year after year,
The kindness that I give and see,
It all comes straight from You to me!*

*(Thank You, thank You, all day long!
(Every gift's a happy song!*

[Chorus]

*Thank You, G-d, for all You do,
For all the gifts, so big, so true!
From hugs to rain and skies so blue,
Every day, I say thank You!*

*Oh-oh-oh, I feel so blessed!
Oh-oh-oh, I am at rest!*



Week 2 – I'm So Bright



**Theme: Self-Worth
and Purpose**

Positive Psychology
Principle:
Feeling unique and valued
builds identity confidence

Core Message: Each of us has a special light. We all have something to give the world.

Example Chorus:

*I shine so bright, just like the sun
A special journey, just begun
No one else is quite like me
And that makes me as cool as can be*

Activities:

- Mirror Talk: "I am special. I have a purpose."
- My Shine Collage: Pictures of strengths and happy moments
- Compliment Circle: Share kind words with peers
- Movement Prompt: Hands over heart, stretch arms wide—"I shine!"

Week 2 – I'm So Bright

*Shine, shine, shine so bright!
Shine, shine, morning light!*

*I shine so bright, just like the sun,
A special journey, just begun!
No one else is quite like me,
And that makes me as cool as can be!*

*I don't have to change a thing,
I'm amazing, big and small.
Love and kindness shine in me,
And I share them with you all!*

[Chorus]

*I am me, I am bright,
I am filled with love and light!
Every day, I stand up tall,
I'm so worthy, after all!*

*If I ever feel unsure,
I will take a breath and see!
All the love inside my heart,
It belongs to me, just me!*

[Bridge]

[whistling melody]

I am kind, I am strong! I belong, I belong!

[Chorus]

*I am me, I am bright,
I am filled with love and light!
Every day, I stand up tall,
I'm so worthy, after all!*

*Shine, shine, shine so bright!
Shine, shine, morning light!*



Week 3 – I Can Do Hard Things



**Theme: Resilience
and Growth Mindset**

**Positive Psychology
Principle:**
*Effort and persistence build
confidence*

Core Message: Mistakes help us grow. Keep trying, step by step.

Example Chorus:

*I can do hard things, yes, I can
Step by step, I'll try again
Every challenge makes me strong
I'll keep going all day long*

Activities:

- **Challenge Share:** Talk about something hard they've tried
- **Try Again Game:** Attempt a small task; cheer on retries
- **Encouragement Bracelets:** Each bead = one hard thing tried
- **Movement Prompt:** March and chant "I can do hard things!"

Week 3 – I Can Do Hard Things

*Step by step, I go!
Step by step, I grow!*

*Sometimes things feel really tough,
But I know I am enough!
If I try and do my best,
I can pass every test!*

*I can climb, I can run,
I can try, and it's so fun!
Even when I fall, I see,
Every mistake is helping me!*

*[Chorus]
I can do hard things, yes I can!
Step by step, I'll try again!
Every challenge makes me strong,
I'll keep going all day long!*

*[Bridge]
[clapping beat]
Step by step, day by day,
I can learn in every way!*

*[Chorus]
I can do hard things, yes I can!
Step by step, I'll try again!
Every challenge makes me strong,
I'll keep going all day long!*

*Step by step, I go!
Step by step, I grow!*



Week 4 – Kindness Starts with Me



Theme: Kindness and Empathy

Positive Psychology Principle:

Practicing kindness builds community and emotional skills

Core Message: *Kind words and actions make the world a better place.*

Example Chorus:

*Kindness starts with me, it's true
What I say and what I do
Helping hands and words so sweet
Make the world feel whole and neat*

Activities:

- Kindness Catcher: Paper fortune teller with kind actions
- Kindness Journal: Draw or write one kind act per day
- Role Play: “How would you help a sad friend?”
- Movement Prompt: Toss invisible hearts to others—spread kindness!

Week 4 – Kindness Starts with Me

*La-la-la, be kind!
La-la-la, sunshine!*

*I am kind, I am true,
I love my friends, they love me too!
Sharing smiles, playing fair,
Spreading love everywhere!*

*When a friend feels kinda blue,
I know just what I can do!
I can share a hug so tight,
Make their world a little bright!*

*[Chorus]
Kindness starts with me, it's true!
What I say and what I do!
Helping hands and words so sweet,
Make the world feel whole and neat!*

*[Bridge]
[giggling sounds]
Kindness here, kindness there,
kindness shining everywhere!*

*[Chorus]
Kindness starts with me, it's true!
What I say and what I do!
Helping hands and words so sweet,
Make the world feel whole and neat!*

*La-la-la, be kind!
La-la-la, sunshine!*



Week 5 – I Am Safe, I Am Strong



Theme: Emotional Safety and Inner Strength

Positive Psychology

Principle:

Internal safety supports learning and calm

Core Message: *I have strength inside. I am surrounded by love.*

Example Chorus:

I am safe, I am strong

In my heart, I belong

Love surrounds me, night and day

I am brave in every way

Activities:

- **Calm-Down Breath:** Belly breathing with stuffed animals
- **Safe Place Drawing:** Imagine a peaceful place
- **Support Circle:** Name people who make them feel safe
- **Movement Prompt:** Self-hug and gentle sway—"I am safe, I am strong"

Week 5 – I Am Safe, I Am Strong

*I take a breath, the world is bright
My heart is calm, I feel all right
With loving arms around my day
I know I'm safe in every way*

*The sky is high, the ground is near
I'm held with love, there's nothing to fear*

*I close my eyes, and I belong
I am peaceful, I am strong
My thoughts are kind, my feelings true
The world is gentle, and so are you*

*God is near, both night and day
Watching over me as I pray
I feel His love, so wide and deep
He guards my soul while I'm asleep*

*[Chorus]
I am safe, I am strong
In this world, I sure belong
Love surrounds me all day long
I am safe, I am strong*

*When I feel scared, or things go wrong
I hum my heart's sweet little song
God's light within me keeps me warm
I shine with love through every storm*

*The gentle breeze, the morning sun
They whisper, "You are not alone"
The world is kind, it sings my name
And God is with me just the same*

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Week 5 – I Am Safe, I Am Strong

[Continued]

[Bridge]

[orchestral swell]

Like a tree with roots so deep

Like a mountain while I sleep

God is near in every way

Helping me feel safe each day

[Chorus]

I am safe, I am strong

In this world, I belong

Love surrounds me all day long

I am safe, I am strong

With every breath, I feel the ground

I hear the kindness in each sound

God's whisper leads me gently through

And I will always walk with You

No storm can shake the light I hold

My soul is bright, my spirit bold

With God beside me, I can sing

He fills my heart with everything

[Chorus]

I am safe, I am strong

In this world, I belong

Love surrounds me all day long

I am safe, I am strong

Even when the dark feels near

God's voice will calm my every fear

His hands are holding me in place

I rest inside His warm embrace

So when I sleep and dreams come true

I know that I'll wake up with You

Safe and sound my whole life long

Because I am safe, I am strong



Week 6 – The World Is Full of Wonders



**Theme: Curiosity
and Nature**

**Positive Psychology
Principle:**
Awe and wonder create
mindfulness and joy

Core Message: *The world is amazing. Let's notice and appreciate it.*

Example Chorus:

*Look at the trees, so big and tall
Listen to the birdies call
Flowers bloom and rivers flow
Hashem's world is full of glow*

Activities:

- **Nature Walk:** Use senses to explore the outdoors
- **Wonder List:** List five things that make you say "Wow!"
- **Creation Puzzle:** Match nature items with their gifts (trees give shade, bees give honey)
- **Movement Prompt:** Grow like flowers, sway like trees, float like clouds

Week 6 – The World Is Full of Wonders

*The world is full of wonders,
wide and bright
From mountain peaks to stars at night
A million gifts for us to see
God made them all for you and me*

*[plucked strings + gentle flute]
The trees, the bees, the sky so blue
All whisper secrets fresh and new*

*The petals dance, the rivers sing
The breeze can fly without a wing
Each butterfly, each stone we find
Was shaped with joy and love in mind*

*The rain that taps upon the leaves
The spider spinning webs with ease
Each tiny thing, both wild and small
Holds God's beauty placed in all*

*[Chorus]
The world is full of wonders,
near and far
From blades of grass to shooting stars
With every step, we learn and grow
The more we see, the more we know*

*The ocean speaks in rolling waves
The sun peeks through the tallest caves
The fireflies glow with light so true
Like God's own lanterns guiding you*

*A fox, a deer, a soaring kite
The desert glowing late at night
The things we touch, the things we hear
Show God's great love is always near*

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Week 6 – The World Is Full of Wonders

[Continued]

[Bridge]

[orchestral swell + fiddle]

Ask your questions, search the skies
Wonder opens up our eyes
The world's a gift, a grand surprise
A miracle in every size

[Chorus]

The world is full of wonders, near and far
From blades of grass to shooting stars
With every step, we learn and grow
The more we see, the more we know

A nest up high, an ant below
The way the flowers bloom and glow
Creation sings with every sound
And God's great fingerprints are found

The morning dew, the midnight breeze
The echo through the forest trees
The more I look, the more I see
God made this world for you and me

[Chorus]

The world is full of wonders, near and far
From blades of grass to shooting stars
With every step, we learn and grow
The more we see, the more we know

So let us walk and breathe it in
The warmth of sun upon our skin
Let's chase the questions that we find
And keep God's wonder in our minds

[guitar strum + distant bird call]

So take my hand and come along
The world is wide; the world is strong
Let's treasure every sight and sound
With wonder wrapped all around



Week 7 – My Heart Is Full of Loves



Theme: Love and Belonging

Positive Psychology

Principle:

Connection supports emotional development

Core Message: *I am loved, and I can show love to others.*

Example Chorus:

My heart is full, my heart is bright

I feel love both day and night

Family, friends, hugs so tight

Fill my world with love and light

Activities:

- Heart Mail: Create kind notes for others
- Love Map: Draw pictures of loved ones
- Feelings Circle: Share stories of feeling loved
- Movement Prompt: Circle hug, send hugs into the air

Week 7 – My Heart Is Full of Love

*My heart is full of love today
It shines so bright in every way
From morning time to bedtime too
I feel so happy next to you*

*[Intro] [gospel hums + soft tambourine]
We hold hands and smile so wide
Love is something we feel inside*

*Hugs from Mom and Dad are best
They help me feel calm and rest
My brother jokes, my sister sings
We laugh and play and do fun things*

*Grandma's smile and Grandpa's cheer
Make me feel safe when they are near
We share stories, laugh a lot
I love the family that I've got*

*[Chorus]
My heart is full of love so sweet
It dances with a happy beat
Our family stands in love and light
We care, we hug, we hold on tight*

*Even when we're far away
I feel your love every day
Love is something we can share
No matter what, it's always there*

*A friend who helps, a hand to hold
Love is warm and never cold
We play, we giggle, we say kind things
Love is found in little things*

*[Bridge] [clap + gospel harmony swell]
God made us one big family
With love that's strong for you and me
We shine with kindness, near and far
No matter who or where we are*

[Continued on next page]



Week 7 – My Heart Is Full of Love

[Continued]

[Chorus]

My heart is full of love so sweet
It dances with a happy beat
Our family stands in love and light
We care, we hug, we hold on tight

Love is kind and love is true
It lives in everything we do
Through happy days or when we cry
Love stays strong and helps us try

We laugh, we cry, we jump, we play
Love helps us grow in every way
And when we sing or say a prayer
We know that love is always there

[Chorus]

My heart is full of love so sweet
It dances with a happy beat
Our family stands in love and light
We care, we hug, we hold on tight

So take my hand and come with me
Let's share the love for all to see
With smiles and hugs and voices bright
We fill the world with love and light

[Outro]

[guitar strum + layered voices]
My heart is full, and that's the truth
It shines in me and shines in you
With every step and every song
Our love keeps growing all day long



COLORING PAGES



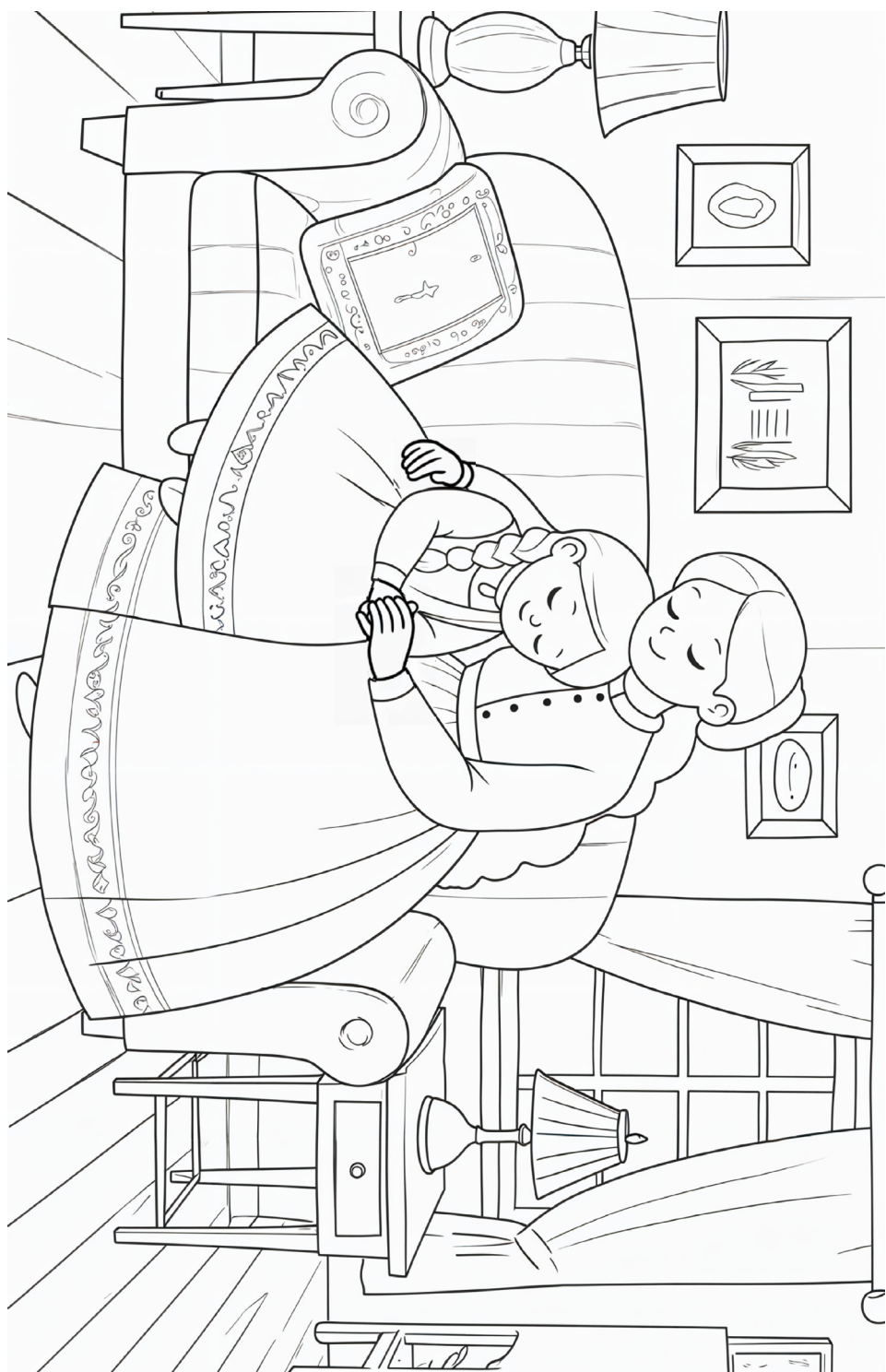












CLOSING THOUGHT

Music has the power to do more than entertain. It teaches. It heals. It connects. This series invites children to sing their way into courage, kindness, confidence, and compassion—supported by the adults who love and guide them. Let's raise children who not only believe in themselves—but believe in goodness, purpose, and connection through music and heart.

