

What's The Plan

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Wendy Violet

Do you know what we're gonna do?
Look on the schedule and it will help you
Our plan for the day is here to stay
So we can stay calm as we go through our day

Chorus:

What's the plan? What's plan?
Do you know what's the plan?
Our plan is here to help you stay calm
So you know what to do and what's goin' on
The plan will help you know what's next
If anything changes you'll know what to expect
Knowing what's ahead for your day can help you out
and keep you calm so you don't shout

(Chorus)

Join In And Play

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Chris Lewis

Chorus:

What do we do, what do we say
When we want to join in and play
When kids are playing or just running in the sun
What do we do to join in with the fun

Sometimes another kid has a cool toy
Or they're playing a nice game
And you want to be a part of the joy
So you can feel the same

(Chorus)

The first thing you do is put your body near the group
And find them with your eyes
Then you use your words to tell them that you want to play
And watch with surprise...

You could ask "What are you playing?"
Or "Can I play?"
Or you could say "That's a really cool toy"
That's how we tell others that we want to play
To do something we enjoy

(Chorus)

Taking Turns

(Shows That You Are Friendly)

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Michael Donahue, Wendy Violet

When I see a toy
I just want to grab it
But when someone is playing with it
I have to ask and wait a bit

Chorus:

Taking turns can be hard to do
But it's the best way you see
Everyone wants a chance to play
And waiting for a turn shows that you are friendly

Sometimes it's hard to wait
When the game looks so great
It's tough to watch while other kids play
It feels like we have to wait all day

(Chorus)

When you wait your turn
It really adds to the fun
And everyone feels happy
So you can play until the day is done

(Chorus)

So when you are with friends
Playing a game or with toys
Remember to wait and take turns
So that everyone enjoys

Adding To The Fun

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Wendy Violet

I like to play with you
When you're kind to me
By using nice words and taking turns
You're adding to the fun you see

Chorus:

Adding to the fun
Makes us feel happy
And helps us to get along when we play
Adding to the fun
Makes the day go smoother
And makes me want to play all day

When you use your hands to hit
Or grab a toy from me
And yell, scream or shout
You take away the fun, you see

(Chorus)

So the next time that you have a play date
And your friend is over to share the day
Make sure you try to add to the fun
So you can play the day away

Connect With Your Words

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Wendy Violet

Chorus:

Lets make a connection
It'll be fun you see
You can make a connection
By using your words with me

When you scream
I don't know what you mean
When you use your hands to hit
It scares me a bit

The best to way you see
Is to use your words with me

(Chorus)

You can use your words to connect with me
by telling me a cool story
I can keep the connection by asking a question
That's how we use our words

(Chorus)

Using our words
When we are together
Helps us to connect
And feel happy together

(Chorus)

Tool Town

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Wendy Violet

All aboard, we're going to tool town!

When your body isn't feeling quite right
And you feel silly scared, or uptight
you need something to calm yourself down
Or change your face to a smile from a frown

Chorus:

You can use a tool to help your body
You can use a tool to make you feel calm

You can use a tool
to change your feeling
To make sure you don't hit the ceiling

A tool is something to make you feel calm
Like a walk, a fidget, a hug, or a song,
A break, some water, some squishes too
Anything can be a tool for you

(Chorus)

So the next time your body doesn't feel quite right
Or you're feeling sad, mad, or uptight
Ask for some help to find a good tool,
And it can help your body and mind stay cool

Find Me With Your Eyes

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Wendy Violet

Psst... Can you find me? Where am I?

Can you find me with your eyes
Can you find me with your eyes
Show me that you're thinking about me
Can you find me with your eyes?

Chorus:

When you find me with your eyes
You show me that you're listening and it is no surprise
That I feel happy that you're thinking about me
When you show with me with your eyes by looking at me

When I say "Hi" to you
And you look away from me
It shows me that you're not connecting with me
And it makes me feel unhappy

(Chorus)

When you look away
As we start to play
It's hard to share in the joy together
And it takes the fun away

(Chorus)

Can you find me with your eyes
Can you find me with your eyes
Show me that you're thinking about me
Can you find me with your eyes?

These Are My Feelings

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Chris Lewis; Wendy Violet

Chorus:

When you look at my face
There's something that you can see
My eyes, eyebrows, and mouth
Can show you the feelings inside of me

When I'm sad I frown
My eyes might look down
When I'm happy I like to smile
And I might even laugh for a while
When I'm silly, I am giggly and I like to jump around
When I'm mad my eyebrows go down
I might make a fist or throw something down

(Chorus)

All of my feelings happen in a different way, everyday
I need to use my words and my face
To show if I want to play or if I need space

(Chorus)

What Zone Are You In*

Lyrics - Erica Bland

Composition - David "Turtle" Ramani

Vocals - Wendy Violet

**based on concepts from*

The Zones of Regulation® by Leah Kuypers

Chorus:

What Zone are you in?

What Zone are you in?

How your body feels

And what your face shows

Tells us the Zone you're in

When you're in the Blue Zone

Your body moves so slow

You can feel sad, sick, or tired

And that's what your face will show

(Chorus)

When you're in the Green Zone

Your body feels ready to go

You can feel happy or calm

And that's what your face will show

(Chorus)

When you're in the Yellow Zone

Your body feels wiggly

Your face will show

That you're excited, scared, or silly

(Chorus)

When you're in the Red Zone

Your body feels tight

You feel mad, you might stomp or scream

Your face shows that you need to blow off some steam

You gotta feel what your body's doing

And what your face is showing

To know what Zone you're in

What Zone are you in?

What Zone are you in?

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