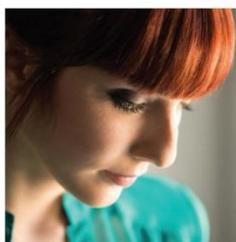


<b>WISDOM</b>	<b>CREATIVITY</b> <ul style="list-style-type: none"> <li>• Originality</li> <li>• Adaptive</li> <li>• Ingenuity</li> </ul>	<b>CURIOSITY</b> <ul style="list-style-type: none"> <li>• Interest</li> <li>• Novelty-Seeking</li> <li>• Exploration</li> <li>• Openness</li> </ul>	<b>JUDGMENT</b> <ul style="list-style-type: none"> <li>• Critical Thinking</li> <li>• Thinking Things Through</li> <li>• Open-mindedness</li> </ul>	<b>LOVE OF LEARNING</b> <ul style="list-style-type: none"> <li>• Mastering New Skills &amp; Topics</li> <li>• Systematically Adding to Knowledge</li> </ul>	<b>PERSPECTIVE</b> <ul style="list-style-type: none"> <li>• Wisdom</li> <li>• Providing Wise Counsel</li> <li>• Taking the Big Picture View</li> </ul>
<b>COURAGE</b>	<b>BRAVERY</b> <ul style="list-style-type: none"> <li>• Valor</li> <li>• Not Shrinking from Fear</li> <li>• Speaking Up for What's Right</li> </ul>	<b>PERSEVERANCE</b> <ul style="list-style-type: none"> <li>• Persistence</li> <li>• Industry</li> <li>• Finishing What One Starts</li> </ul>	<b>HONESTY</b> <ul style="list-style-type: none"> <li>• Authenticity</li> <li>• Integrity</li> </ul>	<b>ZEST</b> <ul style="list-style-type: none"> <li>• Vitality</li> <li>• Enthusiasm</li> <li>• Vigor</li> <li>• Energy</li> <li>• Feeling Alive</li> </ul>	
<b>HUMANITY</b>	<b>LOVE</b> <ul style="list-style-type: none"> <li>• Both Loving and Being Loved</li> <li>• Valuing Close Relations with Others</li> </ul>	<b>KINDNESS</b> <ul style="list-style-type: none"> <li>• Generosity</li> <li>• Nurturance</li> <li>• Care &amp; Compassion</li> <li>• Altruism</li> <li>• "Niceness"</li> </ul>			<b>SOCIAL INTELLIGENCE</b> <ul style="list-style-type: none"> <li>• Aware of the Motives/ Feelings of Self/Others</li> <li>• Knowing what Makes Other People Tick</li> </ul>
<b>JUSTICE</b>	<b>TEAMWORK</b> <ul style="list-style-type: none"> <li>• Citizenship</li> <li>• Social Responsibility</li> <li>• Loyalty</li> </ul>			<b>FAIRNESS</b> <ul style="list-style-type: none"> <li>• Just</li> <li>• Not Letting Feelings Bias Decisions About Others</li> </ul>	<b>LEADERSHIP</b> <ul style="list-style-type: none"> <li>• Organizing Group Activities</li> <li>• Encouraging a Group to Get Things Done</li> </ul>
<b>TEMPERANCE</b>		<b>FORGIVENESS</b> <ul style="list-style-type: none"> <li>• Mercy</li> <li>• Accepting Others' Shortcomings</li> <li>• Giving People a Second Chance</li> </ul>	<b>HUMILITY</b> <ul style="list-style-type: none"> <li>• Modesty</li> <li>• Letting One's Accomplishments Speak for Themselves</li> </ul>	<b>PRUDENCE</b> <ul style="list-style-type: none"> <li>• Careful</li> <li>• Cautious</li> <li>• Not Taking Undue Risks</li> </ul>	<b>SELF-REGULATION</b> <ul style="list-style-type: none"> <li>• Self-Control</li> <li>• Disciplined</li> <li>• Managing Impulses &amp; Emotions</li> </ul>
<b>TRANSCENDENCE</b>	<b>APPRECIATION OF BEAUTY &amp; EXCELLENCE</b> <ul style="list-style-type: none"> <li>• Awe</li> <li>• Wonder</li> <li>• Elevation</li> </ul>	<b>GRATITUDE</b> <ul style="list-style-type: none"> <li>• Thankful for the Good</li> <li>• Expressing Thanks</li> <li>• Feeling Blessed</li> </ul>	<b>HOPE</b> <ul style="list-style-type: none"> <li>• Optimism</li> <li>• Future-Mindedness</li> <li>• Future Orientation</li> </ul>	<b>HUMOR</b> <ul style="list-style-type: none"> <li>• Playfulness</li> <li>• Bringing Smiles to Others</li> <li>• Lighthearted</li> </ul>	<b>SPIRITUALITY</b> <ul style="list-style-type: none"> <li>• Religiousness</li> <li>• Faith</li> <li>• Purpose</li> <li>• Meaning</li> </ul>

# Seeds of Happy, Healthy Living

## Songs for Emerging Character Strengths

### Our Core Beliefs

**Strength-Based** - We recognize and encourage what's right in each child instead of fixing what's wrong. We help children discover the goodness in their lives and in themselves.

**Principle-Based** - We nurture positive social and emotional growth through the creative application of researched based principles.

**Adult-Modeled** - As parents and teachers, we know and cherish our own strengths and model them for the children.

### The Power of Words, Music and You

Songs (words and music together) are processed in a way that involves several regions in both hemispheres of the brain.

Songs (along with movement) engage our mind, body, emotion, sense of culture and community. Songs from *your voice*, are the most powerful way of engaging children.

### Four Types of Songs

**Self-Talk Songs** – teach, reinforce, and internalize positive messages about oneself, others, and the world through “I” statements.

**Experience Songs** – give an opportunity to do what is being sung, practicing the experience through repetition.

**Story Songs** – are listened to rather than sung, giving the listener an opportunity to imagine the situation and develop association, empathy and concern.

**Concept Songs** - directly teach key ideas (that may be counter-intuitive contradict existing attitudes or beliefs).

**Positive Psychology** - focuses on the understanding, nature and development character and happiness. It recognizes both positive and negative events as authentic and applies the scientific method to further this understanding.

#### KINDNESS

**Hands  
Count On Me  
Gentle Hearts And Hands**

*I Can Count On You  
Feeling Positive  
Becoming My Own Me*

#### CURIOSITY

**Wondering Why  
I'm Curious  
Sometime It Takes A Few Mistakes**

*Feeling Positive  
Feeling Positive  
Tough Stuff*

#### SELF-REGULATION

**Self Control  
I Can Settle Down  
Smell The Flower, Blow The Candle Out**

*I Can Settle Down  
I Can Settle Down  
Here Now Know-How*

#### HOPE

**Bad – Good (Let's Rock!)  
Helpful, Hopeful, Gentle, Kind  
Something Beautiful**

*Feeling Positive  
Feeling Positive  
I Can Do It*

