

Gratitude Attitude

The Best Foot Forward Music Series
www.recessmusic.com

Lyrics

I'M GLAD YOU'RE HERE

Performed by Debbie and Friends (www.debbieandfriends.net)

Written by Debbie Cavalier

©2007. Debbie Cavalier Music (ASCAP)

I'm glad you're here
Glad you're here
I want you to know
You're part of the show
And I'm glad you're here

I'm glad you're here
Any time of year
We're traveling along
Singin' a song
And I'm glad you're here

We're like two birds of a feather
Two peas in a pod
We stick together like a
Peanut butter cup!
Whoa, oh, oh, oh

I'm glad you're here
Glad you're here
We're takin' our time
We'll sing and we'll rhyme
And I'm glad you're here

GRATITUDE

Performed by Red Grammar (www.redgrammer.com)

Written by Red Grammar and Pamela Phillips Oland

© 2005 Red Grammar/Smilin' Atcha Music DBA Red Note Records (ASCAP)

When someone does me a little favor
Like saving me a jellybean in my favorite flavor
I'm so grateful, so very grateful
I say Thank You, Thank You, Thank You

If you pass me the mashed potatoes
And remember to put the gravy on the side
I'm so grateful, so very grateful
I say Thank You, Thank You, Thank You

Chorus

Show a little gratitude, make someone smile
It's worth your while and so easy to do
Just a little thank you may be all they need to be guaranteed
To redo their good deed for someone new

If you should warn me, "Watch out! Don't step in that!"
Or tell me I've got spinach stuck between my teeth
You know that I'm grateful, eternally grateful
I say Thank You, Thank You, Thank You

Chorus

When I wake up and walk outside each day
The earth, the sun, the sky... they just blow me away
I'm so grateful, incredibly grateful
I say Thank You, Thank You, Thank You

Thank you! Gracias! (Spanish) Danke! (German) and Merci Beaucoup! (French)
Arigato! (Japanese) That's how I say thanks to you!
Komawoyo! (Korean) Shukran (Arabic) Salamat! (Tagalog – Philippines)
Ngiyabonga (Ndebel –Zimbabwe) Kia ora (Maor –New Zealand/Australia) Thanks a lot!

IN MY FAMILY'S HOUSE

Performed by Bonnie Lockhart (www.bonnielockhart.com)

North American Traditional, adapted by Linda McCargar Alvarez, Bruce O'Brien, & Bonnie Lockhart

© 2002 Bonnie Lockhart

We'll have joy, joy, joy, in my family's house,
In my family's house, in my family's house.

We'll have joy, joy, joy,
In my family's house,
We'll have peace, sweet peace.

We'll have homemade music, in my family's house,
In my family's house, in my family's house.

We'll have homemade music,
In my family's house,
We'll have peace, sweet peace.

We'll have guitar pickin',
In my family's house, in my family's house.

We'll have guitar pickin,
In my family's house,
We'll have peace, sweet peace.

We'll have banjo playin' . . .

We'll have fiddle playin' . . .

And we'll play the spoons. . .

And we'll sing along. . .

We'll have joy, joy, joy. . .

THERE'S A PEA ON MY PLATE

Performed by Bill Harley (www.billharley.com/)

Written by Bill Harley

© 1997 Bill Harley/Round River Music (BMI)

There's a pea on my plate that my mother put there
She knows I don't like peas but she doesn't care
She says come on try it now it's not the worst
If you want some ice cream, you must eat that pea first
And I really did put the pea on my spoon
But I made a mistake and my mouth closed too soon
It slipped off the spoon and fell on to the floor – whoops!
My mom said don't worry, she's got plenty more

There's a pea on my plate that my mother put there
Peas make me vomit but she doesn't care
They're wrinkled and mushy and slimy and green
I wonder what happened that made her so mean
There's really no telling how much this will hurt
But I have to eat it 'cause I want dessert
It shouldn't have happened, it's true I suppose
Somehow by mistake it got stuck up my nose

There's a pea on my plate that my mother put there
She knows I'm not hungry, but she doesn't care
I tell her if she makes me eat it, I'll die
She says that she's sorry to hear that, bye bye
The pea rolls on my plate, forward and back
It rolls round and round like a train on a track
Faster and faster it huffs and it puffs
Till it rolls off the track and my mom says "Enough!"

There's a pea on my plate that my mother put there
It's cold and it's clammy, but she doesn't care
It's hard to believe that just one stupid pea
Is all that stands between some ice cream and me
So we sit at the table, just me and my mom
My sister, my brother, my father, they're gone
I hear the clock ticking, now it's getting late
For me and my mom and that pea on my plate

There's a pea on my plate that my mother put there
She says that she really thinks she's being fair
Just one little bite and this whole thing will stop
And I can have ice cream with sprinkles on top
She knows that she's got me, she'll win, there's no doubt
She knows ice cream's something I can't live without
She knows this is one fight that she cannot lose
I say, "Skip the ice cream, may I be excused?"

LOVE YOU A MILLION

Performed by Mary Kaye (www.marykayemusic.com)

Written by Mary Kaye

© 2004 Mary Kaye (BMI)

You ask me how much do I love you and I say...I love you more than every word I've ever said...and all the words in every book I've ever read. You ask me how much do I love you and I say...I love you more than any amount...more than the highest number I could count.

Chorus

I love you a million. I love you a billion. I love you a trillion. I love you. I love you a million. I love you a billion. I love you a trillion. I love you. I love you.

You ask me how much do I love you and I say...I love you more than all the music I have ever hummed...and more than every song that my guitar has ever strummed. You ask me how much do I love you and I say...I love you more than any wish that I could dream of...more than I ever thought was possible I could love.

Chorus

I love you today and I'll love you tomorrow...I'll love you through joy and I'll love you through sorrow. Winter, spring, summer, fall...holidays, birthdays...trips to the mall. Days, weeks, month, years...laughter, anger, happiness, fears. Decades, centuries...millenniums, infinity.

Chorus

THANK YOU LETTERS

Performed by The Uncle Brothers (www.unclebrothers.com)

Written by Tom Gardner

© 2002 Tom Gardner (BMI)

It only takes a minute to say I thank you
it only takes a moment don't... hesitate
you'll feel better writing thank you letters
showing that you really appreciate
Has someone done something nice for you
maybe a gesture or a gift
did they give you a very nice compliment
did it give your heart a lift?
did you have help with your homework
from a parent or a friend
they helped you to be smarter
now how can you help them?
There's so much that we can be thankful for
if you just look and see
You can look up above or just look next door
there is so much there for you and me
There's one time of the year when we give thanks in many ways
but Thanksgiving is an idea we should live with every day

ONLY TAKE WHAT YOU NEED

Performed by Earth Mama® (www.earthmama.org)

Written by Joyce Johnson Rouse

© 1994 Rouse House Music (ASCAP)

Every little piece of paper once was a living thing,
Every little glass of water came from a living spring.
Every little fruit and veggie started from a little seed
So choose a little, use it a lot and only take what you need,
Uh-huh, Only Take What You Need
Every little juicy burger once had a mama, too
That roamed around the pasture before it became your shoes
Every little shrimp and scallop used to swim around the sea
So choose a little, use it a lot and only take what you need
Uh-huh, Only Take What You Need
Every little piece of plastic started in the earth as oil,
Every little inch of concrete covers up some farming soil
Every little cardboard carton once was a living tree
So choose a little, use it a lot and only take what you need
Uh-huh, only take what you need
Oh, yeah, Only Take What You Need
That's right, Only Take What You Need!

TABLE MANNERS POLKA

Performed by Mike Soloway (www.mikesoloway.com/)

Written by Mike Soloway

© 2005 Mike Soloway

Oh if you are a beginner
Who has come to eat your dinner
And you sit down at the table
If you don't want to get thinner
'Cause they won't let you eat dinner
There are things you must do if you're able
And these things are table manners
To be done by able planners
Who plan to be extremely polite
And are planning that they won't forget
To eat with proper etiquette
So let's learn our manners tonight

CHORUS:

Manners, manners
Let's learn our manners
It's the Table Manners Polka

If you want to be respected
At the setting you've selected
There's a folded square of paper or silk
You must put it down in front of you
Or they'll all be making fun of you
When you spill your juice or your milk
And it's too late for complaining
When that spilled milk is staining
Your pants, your socks and your shoes
And it all would never hapkin
If you only used your napkin
On you lapkin, your napkin you'd used
Manners, manners...

Keep your elbows off the table
This is not a horse's stable
And your elbows are not welcome here
People think that it is rude
To see elbows with their food
Near the chicken, potatoes and beer
If on the table they are restin'
And you're slumpin' with your chest in
You show disrespect and ennui
And your ennui is annoying
When your elbows you're employing
To annoy the family
Manners, manners...

If you want something that's not near you
You know everyone will hear you
All you have to say is, "Please pass the"
And then no one can ignore you
They have to pass it for you
And then you have to say, "Thank yuh"
And if you do not say thank yuh
Then your father he'll outrank yuh
And politely ask that you take a time out
So take the time you have tonight
The time it takes to be polite
To learn what table manners are about
Manners, manners...

GRATEFUL

Performed by Dave Nachmanoff

Written by Dave Nachmanoff

© 2004 Dave Nachmanoff (BMI)

I'm grateful for the sun that warms this valley
I'm grateful for the water and the wind
I'm grateful for the cool of summer evenings
And I'm grateful when the morning comes again

CHORUS

But sometimes I forget, so for now I'd like to say
I'm grateful for this day

I'm grateful for the family that surrounds me
And I'm grateful for this time we have to spend
I'm grateful for my teachers and their wisdom
And I'm grateful for the company of friends

CHORUS

And I know there may be troubles yet to come
But still I have to smile
And I know our time is short
But I'm glad to be part of the dance, for awhile

I'm grateful for the gift of sharing music
I'm grateful for the sweetness of the wine
I'm grateful for the bounty at our table
And I'm grateful for my lover's eyes that shine

CHORUS

EVERY LITTLE BIT OF YOU

Performed by Susan Salidor (www.susansalidor.com)

Written by Susan Salidor

© 2013 Susan Salidor

Every little bit, every little bit
Every little bit of you makes me smile

All the while, all the while
All the while every little bit of you makes me smile

Since you came into my life
You've taken what's wrong and made right
(Thank you thank you thank you thank you)

Every little bit, every little bit
Every little bit of you makes me smile

All the while, all the while
All the while every little bit of you makes me smile

All my jokes are winning
All of my stories ring true
(Thanks to you!)

Chorus

Every day seems new
When I'm holding hands with you
(Yes, it's true!)

Chorus

Short on sadness, long on love
You must have the key to the happiness in me!

THANK YOU WORLD

Performed by Eddie Douglas

Music by Eddie Douglas, lyrics by Jo Ellen Bogart & Eddie Douglas

© 2007 Eddie Douglas & Jo Ellen Bogard (SOCAN)

Thank you world
For the beauty you hold,
For the flowers so young,
And the mountains so old,
For the rivers so wide,
And the oceans so deep -
For the winds that rock me to sleep.

Thank you world
For the skies so blue,
For the robin's song,
And the morning dew,
For the whispering rain,
And the raven's cry -
For the deer and the dragonfly.

For the quaking leaves
Of the aspen tree,
For the wiggling worm
And the bumble bee -
Thank you world
For a life so free,
And for making a home for me.

Thank you world
For the children we give,
For the friends we love,
And the moments we live,
And for all of the creatures
Who wake to your call -
Without you, we'd have nothing at all.

USE A NAPKIN NOT YOUR MOM

Performed by Kathy Kallick (www.kathykallick.com)

Written by Kathy Kallick

© 1995 Red Shirt Pub. Co. (BMI)

One fine day away from home
You and your mom had an ice cream cone
Things went well 'til the very last drop
On your lap with a great big plop

Use a napkin, not your mom
Use a napkin, not your mom
Use a napkin, not your mom
Use a napkin, not your mom

You went looking for your china bear
Up on a shelf a-way up there
Way too high to use a chair
Did you grab your mom and climb her hair?

Use a ladder, not your mom
Use a stepstool, not your mom
Get someone taller, not your mom
Use a ladder, not your mom

Right in the middle of your winter's fun
Here comes a cough and an ache in your tum
You start to sneeze and your nose to run
STOP! Never wipe your nose on your mum!

Use a kleenex, not your mom
Use a hanky, not your mom
Use the tablecloth, not your mom
Use any old thing, but not your mom

Late in the day the sky turns red
You start thinking about your bed
Looking for a place to lay your head
You could use a pillow but instead

You don't need a pillow if you've got your mom
You don't need a pillow if you've got your mom
You never need a pillow if you've got your mom
Lay your head on your mom

Use a napkin, not your mom
Use a napkin, not your mom
Use a napkin, not your mom
Use a napkin, not your mom

CIRCLE OF FRIENDS

Performed by The Sunflowers (www.thesunflowers.com)

Written by Michael Taylor

© 2011 Michael Taylor, Cow Heard Music (ASCAP)

How can I tell you what you mean to me?

You and I, happily, were meant to be

In a circle

A circle, a circle of friends

Take it from me and I'll give it to you

And you'll find another to give friendship to

In a circle

A circle, a circle of friends

How can I tell you what you mean to me?

You and I, happily, were meant to be

In a circle

A circle, a circle of friends

Friendship never ends

THANK YOU

Performed by Cathy Fink (www.cathymarcy.com)

Written by Cathy Fink

© 2002 Cathy Fink (ASCAP)

I'm so busy all day long sometimes I do not take the time to stop and think about the things that I am grateful for
So when I climb in bed at night and mama's turning out the light I think the day is finished but I know there's one thing more

Thank you for flowers
Thank you for trees
Thank you for Mama and
Thank you for me
And my little brother who drives me insane
I guess I should thank you for him just the same

Thank you for colors in my crayon box
Thanks for my pockets that I fill with rocks
Thanks for my table and my reading nook
Thank you for someone to read me a book

Thank you for promises kept in the wind
Thank you for bicycles and for my friends
Thank you for ice cream and for chocolate cake
I can not believe how many pieces I ate

Thank you for birds that are chased by my cat
Mom says I shouldn't be thankful for that
Thank you for snowballs and sledding and ice
The world looks so beautiful all dressed in white

Thank you for Papa and Grandma and Gramps
Then there's our puppy that we all call Champ
Thanks for the baby they brought home last week
Dad says she'll grow up and be just like me

Mom thinks this song might go on all night long
Thank you for having her teach me this song
I forgot some but she turned out the light
I think that my thank-yous are over, good night.

BEST FOOT FORWARD

Performed by Nick Cope (www.nickcope.co.uk)

Written by Nick Cope

© 2009 Nick Cope (PRS)

Put your best foot forward and you'll be there soon
yes you'll be there soon
Put your best foot forward and you'll be there soon
yes you'll be there soon

Well you can run run run
You can hop hop hop
You can skip skip skip
But don't stop stop stop

Just put your best foot forward and you'll be there soon .

You put your best foot forward and you'll be there soon
yes you'll be there soon
Just put your best foot forward and you'll be there soon
yes you'll be there soon
Well we've packed the sandwiches
We've packed a drink
I even think we've packed the kitchen sink.
So put your best foot forward and we'll be there soon.

Oh walking is good for the muscles walking is good for the brain
Walk through the hustle and bustle and the sunshine and the rain
And if the journey's not that far?
Do you really really need a car?

Just put your best foot forward and you'll be there soon
yes you'll be there soon
Put your best foot forward and you'll be there soon
yes you'll be there soon

Well You can run run run
You can hop hop hop
You can skip skip skip
But don't stop stop stop

Just put your best foot forward and you'll be there soon .

Oh walking is good for the muscles walking is good for the brain
Walk through the hustle and bustle and the sunshine and the rain
And if the journey's not that far?
Do you really really need a car?
put your best foot forward and you'll be there soon .