

Circle of Friends:

Circle of friends I love
Let me tell you how I feel
You have given me such treasures
Circle round again
(Repeat)

The Happiness Song:

May I be happy, may I be free
May I live in peace and harmony
May we all be happy, may we all be free
May we all live in peace and harmony
I am sending you these wishes
I send this love to you
This is my final message
Before this day is through

The Wiggles:

I can wiggle up high
I can wiggle down low
But if I wiggle too close just say, "No, no, no,
You're in my personal space."
I feel my energy running out of me
I want to share it with you
"No, no, no. Find your own space."
Put on your listening ears
Let go of your fears and
Let's concentrate!

Three Deep Breaths:

Breathing in from my head to my toes
Breath comes in and out through my nose
I take three deep breaths (refrain)
(make breath sounds in and out)
I take three deep breaths
(make breath sounds in and out)
I take three deep breaths
(make breath sounds in and out)

When I'm feeling sad and alone
I go inside to find a place feels like home
I take three deep breaths (repeat refrain)

I'm so mad I might blow my stack
Don't want to do something I might have to take back
So I take three deep breaths (repeat refrain)

Now I'm feeling peaceful inside
My awareness is open and wide
Thanks to three deep breaths

I Walk in Beauty:

*A good friend taught me this song. She learned it from a friend who sang this while attending a family camp when she was a child. She thinks it is originally from the Anasazi Indians.

I walk with beauty behind me
I walk with beauty beside me
I walk with beauty all around me
Ho!
When I walk this beauty way
May all my words be beautiful
Ho!
May all my actions be beautiful
Ho!
May all my words and actions be beautiful.
Ho!
When I walk this beauty way.

Tick Tock:

Tick tock
Tick tock
Back and forth
Sway and rock
Tick tock
Tick tock
Find my center
Now we stop

I Can Stretch My Arms:

I can stretch my arms up to the sky
Wave them round and round so I can fly
I can hold my body as sturdy as a mountain
Breath rising and falling like water in a fountain
I can close my eyes and go inside
I can close my eyes and go inside

Closing Circle Song:

*Sung to the rhythm of "The Ants Go Marching"

We thank each other for group today community
We thank each other for group today community
For I see the light in you
And you see the light in me
We thank each other for group today community
Namaste