

# One-Line Raps for Girls and Chaps

Rhythmic Self-Talk to Help Kids Control Anger, Talk Respectfully, Build Self-Esteem, Enhance Peer Relations, and Succeed in School

## I Gotta Chill

Stayin' in control  
Is always the goal  
Don't blow like a bomb  
Just try and stay calm ...  
Try and stay calm.

Tell yourself that you can do it.  
When it comes to anger, you'll get through it.

I can, I will, I gotta chill  
And when I do it's quite a thrill.

I can, I will, I can, I will, I can, I will, I gotta chill.  
I can, I will, I can, I will, I can climb that big ole hill.

## Let it Go, Joe

Sometimes we get so mad, we can't let things go—  
And small things can grow and grow.  
Small things can grow and grow.  
So what to you do ... to make it through?  
I'll tell you what to do. Sing:  
Let it go, Joe  
Let it go, Joe  
Just stay cool, no need to blow.

A teacher yells in your face  
A kid gets in your space  
You lose your work  
And friends call you a jerk—  
What d'ya say?  
I'll tell you what to say:

Let it go, Joe  
Let it go, Joe  
Just stay cool, no need to blow.

Three kids provoke ya  
One says he'll poke ya  
You screw up in math  
No hot water for your a bath—  
What d'ya do?  
I'll tell you what to do. Sing:

Let it go, Joe...

# One-Line Raps for Girls and Chaps

## If You Get Mad

If you get mad, don't do bad—just talk or walk...  
talk or walk.  
If you get mad, don't do bad—just talk or walk.

You can do it, there's nothing to it  
You can do it, there's nothing to it.  
Nothing to It ... Nothing to It ...

## Don't Talk Mean

We all have the ability  
To speak with civility  
So here's some advice:  
Talk real nice ... talk real nice,  
Don't talk mean  
Keep it clean—  
You know exactly what I mean.  
Don't talk mean  
Keep it clean  
Don't talk mean  
Keep it clean  
And don't fart if you eat a bean!  
Don't talk mean  
Keep it clean  
Don't talk mean  
Keep it clean  
Don't swear, just choose to care  
And don't wear dirty underwear!  
Don't swear, just choose to care  
And don't take honey from a bear.  
Don't swear  
Choose to care  
Don't swear  
Choose to care  
Don't cuss, it'll cause a fuss  
Don't cuss, it'll cause a fuss  
And get you thrown off that yellow bus.  
Don't cuss, it'll 'cause a fuss  
Don't cuss, it'll 'cause a fuss  
And disappoint your Uncle Gus.  
Don't cuss—  
It'll cause a fuss  
Don't cuss  
It'll cause a fuss!  
Don't talk rude  
It's rather crude  
Don't talk rude  
'Cause you're the dude  
Don't talk rude  
'Cause /'m the dude  
Don't talk rude  
'Cause /'m the dude.

# One-Line Raps for Girls and Chaps

## Readin' and Writin'

For some kids  
Readin' and writin'  
May not be too exciting.  
But that can change—  
Both can be fun  
(If you) sing these raps  
One by one:

Read a word  
Read a letter  
Every step  
Makes it better!

Write a letter  
Write a story  
Every sentence  
Brings me glory!

I can do it ... I can do it  
I can do it ... I can do it.

## Hocus Focus Pocus

If you have trouble sitting still  
Maybe these words can help you chill:

Don't m-o-v-e all over the place  
Sit and learn with a happy face  
Don't m-o-v-e all over the place  
Sit and learn, with a happy face . . .  
With a happy face.  
*What kind of face?*  
With a happy face.  
Sit at your place...with a happy face

But when your body needs a break  
Ask to move for goodness' sake.  
And if you have surmised  
That you are disorganized  
If you tend to forget what to bring or what to do  
Maybe these words will help you through:

Make a list ... it will assist  
Make a list ... it will assist.  
Write things down  
And lose that frown!  
Write things down, Charlie Brown  
Write things down, Charlie Brown.  
*What you got to do?*  
Make a list ... it will assist  
Make a list ... it will assist  
Write things down, Charlie Brown  
Get things done, lose the frown.

# One-Line Raps for Girls and Chaps

And if you get off task, your mind tends to wonder  
Here's a word or two that you might ponder:  
Stay on da track, Jack  
Stay on da track, Jack!  
Hocus, pocus, focus  
Hocus, pocus, focus!  
Stay on da track, Jack  
Stay on da track, Jack!  
Hocus, pocus, focus  
Hocus, pocus, focus!  
*Where do ya stay?*  
I stay on the track  
*What do ya say?*  
Just call me Jack.  
*Where do ya stay?*  
I stay on da track.  
I do like I can and I don't look back  
Hocus, pocus, focus  
Hocus, pocus, focus.

## I'm Smart—It's In My Heart

I'm smart—  
It's in my heart.  
Believing in myself  
Is where I start.

## Step after Step

For some kids  
It's hard to start their studies  
They'd rather be hangin' with their buddies  
They feel overwhelmed, and don't know where to begin.  
If this is you, let these words in:

No need to groan  
I can start on my own  
No need to groan  
I can start on my own  
Take it little by little  
And play the fiddle.  
*What did you say?*  
I said... little by little  
Play the fiddle.  
*What did you say?*  
I said ... step after step  
That's the prep.  
Step after step  
That's the prep.  
*What did he say?*  
No need to groan  
I can start on my own.  
No need to groan  
I can start on my own.  
I can do it ... I can do it.  
I can do it ... I can do it.

# One-Line Raps for Girls and Chaps

You can do it ... you can do it ...  
You can do it ... you can do it.  
*Can he do it?*  
He can do it!  
*Can she do it?*  
She can do it  
*Can he do it?*  
He can do it!  
*Can she do it?*  
She can do it!  
Yeah!

## Getting Along

Getting along keeps me strong  
Getting along is my favorite song.  
Getting along keeps me strong  
Getting along is my favorite song.

To make a friend, you gotta treat kids nice  
From me to you, here's some advice:

Give kids their space, it's their place  
Give kids their space, it's their place.  
Don't poke it's not a joke  
Don't poke it's not a joke.  
Give kids their space, it's their place  
Don't make a noise if it annoys  
Don't make a noise if it annoys.  
Give kids their space, it's their place  
Take turns when you talk—  
If you don't, the kids will walk.  
Take turns when you talk,  
If you don't, the kids will walk.

## Don't Hurry Worry

Don't be in a hurry to worry  
Don't be in a hurry to worry.  
Think what's good  
Think what's right  
Send those worries out of sight.  
Don't be in a hurry to worry  
Don't be in a hurry to worry.  
You look good  
I love your smile  
You'll be great  
For a while.  
Don't be in a hurry to worry  
Don't be in a hurry to worry.

# One-Line Raps for Girls and Chaps

## **Lyin', Stealin', Cheatin'**

Lyin', stealin', cheatin',  
Are always so defeatin'—  
Oh yes it is.  
Stealin', cheatin', lyin'  
Means you ... just quit tryin'—  
Oh yes it does.  
Cheatin', lyin', stealin'  
Gives one a lousy feeling—  
Lord, yes it does.

## **If It Is To Be, It's Up to Me**

If it is to be, it's up to me  
If it is to be, it's up to me.  
I've done it before  
And will do it again  
Thinkin' I can't is a horrible sin.  
If it is to be, it's up to me  
If it is to be, it's up to me.  
I've done it before  
And will do it again  
Thinkin' I can't is a horrible sin.

Only I can set me free.

## **You Are Loved**

You are loved  
No matter what you weigh  
You are loved  
Each and every day.

You are loved  
Because you are you  
You are loved  
Special though and through.

Feel the love inside  
Let worry take a ride  
Be what you can be  
Let good thoughts set you free.

You are loved...  
You are loved...