

ResilientYOU

RESILIENCE 
 BUILDING
TOOLKIT

EASY  AS 123

Instructions for Families

EPISODE 1 Hosted by Brittany James!

something
good
inc.



BUILDING RESILIENCE IN YOUR FAMILY IS

EASY AS 123



Simply...



Watch “Something Good Inc.” half hour children’s show for families.



Review Questions and Challenges after each music video.



Discuss and set family and individual goals that incorporate each challenge.



NOTE:

Parents can watch the half an hour special with children all at once or spread out over a period of time. When issues arise in the family that have to do with topics the songs address, parents can show each applicable music video and review the associated questions, challenge and goal with children.

Kids can also watch the show for entertainment. Remember that listening to the songs and watching the videos over and over again will also help to reinforce the positive messages with children. The more they watch and listen, the greater the message retention will be.



Music Video #1 *Something Good*

Questions: What are some things you like to do to help people?

How do you feel when you do something good for someone else?

Challenge: Be Giving

Goals: Discuss ways you can be giving as a family and individually.

Set family goal to be giving.

Set individual goals to be giving.

Music Video #2 *I'll Be Nice*

Questions: Why is it important to treat each other with kindness?

How can we be kind to people?

Challenge: Be Kind

Goals: Discuss ways you can be kind as a family and individually.

Set family goal to be kind.

Set individual goals to be kind.

Music Video #4 *Thinking Positive*

Questions: How can your attitude affect the way you act?
Why is it important to be positive?

Challenge: Be Positive

Goals: Discuss ways you can be positive as a family and individually.

Set family goal to be positive.

Set individual goals to be positive.

Music Video #6 *I've Decided*

Questions: Why is it important to decide to say no to harmful things ahead of time?

What do you do if someone asks you to do something wrong? good for someone else?

Challenge: Be Safe

Goals: Discuss ways you can be safe as a family and individually.

Set family goal to be safe.

Set individual goals to be safe.

Music Video #3 *Two Heads Are Better Than One*

Questions: Why is it important to work together?

How can we work together?

Challenge: Be Helpful

Goals: Discuss ways you can be helpful as a family and individually.

Set family goal to be helpful.

Set individual goals to be helpful.

Music Video #5 *Take a Stand*

Questions: What does taking a stand mean to you?
When should we take a stand?

Challenge: Be Strong

Goals: Discuss ways you can be strong as a family and individually.

Set family goal to be strong.

Set individual goals to be strong.

Music Video #7 *Resilient*

Questions: How do we grow through hard times?
What does Resilience mean to you?

Challenge: Be Resilient

Goals: Discuss ways you can be resilient as a family and individually.

Set family goal to be resilient.

Set individual goals to be resilient.

Remember what we've learned...

Be Giving

Be Kind

Be Helpful

Be Positive

Be Strong

Be Safe

Be Resilient

Episode 1 Music Video Song Lyrics

Something Good

Music and Lyrics by Steve James
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(Intro)

When I'm at school
And friends aren't cool or kind
If they make fun
Or tease someone I find
I remember what my mama told me
She said
Child, if you could only see . . .

(Chorus)

You gotta do something good
For someone else each day
You gotta try and find
Something good to say
'Cause when you help someone
They smile wide
And you feel something good inside
Well you know you should
Try and do something good

(Repeat Chorus)

(Bridge)

And if I ever have bad days
I won't take it out on you
'Cause I can find some better ways
To work my problems through

(Chorus Repeats)



Episode 1 Music Video Song Lyrics (cont)

I'll Be Nice

Music and Lyrics by Steve James
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(Choir Part 1)

Gdomo kpa kpa jimi

(pronounced: "bomo papa jimmy")

Se mo no ni hi

(pronounced: "say mo no nee hee")

(Adult Part 2)

I'll be nice

Nice to my brother

Kind to each other

I'll be a friend

And I won't

I won't be violent

Keep anger silent

Control within

(Children's Choir Part 3)

I'll be nice

I'll be kind

Treat others right

Made up my mind

(The words in Choir Part 1 are from an African dialect from Ghana, which directly translates as, "I will do the right thing.")

Episode 1 *Music Video Song Lyrics* (cont)

Two Heads Are Better Than One

Music and Lyrics by Steve James | ©2020, 2000 Something Good Inc.

You can do some things better than I can
I can do some things better than you
We can all learn by working together
Think of the many things we can do

Work, work, working together
Play, play, playing our part
Helping each other getting things done
Sometimes two is better than one
Two heads are better than one

You can learn some things quicker than I can
I can learn some things quicker than you
We can all learn by working together
Think of the many things we can do

Work, work, working together
Play, play, playing our part
Helping each other getting things done
Sometimes two is better than one
Two heads are better than one

We're working together
Getting things done
Well we're helping each other
Having so much fun

Episode 1 Music Video Song Lyrics (cont)

Thinking Positive

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(Chorus)

I'm thinking positive and that's a fact
My attitude affects the way I act

(Chorus Repeats)

(Bridge)

There may be problems all around
But I won't let them get me down

(Chorus Repeats Twice)

Thinking Positive
Siento bien (I feel good)
It's my attitude
Mi actitud (my attitude)

(Spoken Twice)

(Chorus Repeats Twice)

Siento bien
Mi actitud

(Bridge in Spanish)

De vez en cuando encuentro problemas
Si siento bien los puedo hacer pequeños

(Chorus Repeats with Counterpart)

Episode 1 Music Video Song Lyrics (cont)

Take A Stand

Music and Lyrics by Steve James
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(Verse)

When you're home or when you're at school
You want your friends to think you're cool
There's a way to get respect
You gotta chose
You gotta elect to take a stand

(Chorus)

Stand for something good each day
Stand for something lead the way
Stand for something it's you're call
Stand for something and you won't fall
Just take a stand

(Verse)

There are some who might make fun
Causing trouble for everyone
Stand for something don't give in
You can do, you'll be a winner take a stand

(Chorus)

(Bridge)

Ouu I'm gonna take a stand
I'm gonna take a stand

(Chorus)

Episode 1 *Music Video Song Lyrics* (cont)

I've Decided

Music and Lyrics by Steve James
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If by chance someone comes along
And asks you to do something wrong
I'll turn around I'll walk away
It doesn't matter what they say

(Chorus)

'Cause I've decided to say no
If they don't like me
That's the way it goes
'Cause I've decided

I've decided to do what's right
It doesn't matter
If it's day or night
'Cause I've decided

(Repeat)

To drinking and drugs
I say no
To violence and crime
I say no way
To drinking and drugs
I say no
To violence and crime
I say no way

(Chorus)

Episode 1 Music Video Song Lyrics (cont)

Resilient

Music and Lyrics by Steve James
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When the world knocks me down
I get off the ground
Promise myself to keep on going
If the going gets tough
Cause life can be rough
I know that I will keep growing

Hard things we go through
Make us stronger in the end
That's how we grow – I know that
I can own tomorrow
Rise above the sorrow
I can be the hero when

I am resilient
I have the power to overcome
I am resilient
I have the strength to carry on

If I'm feeling alone
Or left on my own
I will reach out to lift another
When I give of myself
To those who need help
I find that we can heal each other

Hard things we go through
Make us stronger in the end
That's how we grow – I know that
I can own tomorrow
Rise above the sorrow
I can be the hero when

I am resilient
I have the power to overcome
I am resilient
I have the strength to carry on

And no matter what stands in my way
Any mountain I can climb
Cause I find hope in every day
And now it is my time

To be resilient
I have the power to overcome
I am resilient
I have the strength to carry on

We are resilient
We have the power to overcome
We are resilient
We have the strength to carry on

We are resilient