

**Come Join the Circle**

*new lyrics and counter melody: © 1997 Paulette Meier*

*original chorus: "Wade in the Water." A spiritual sung by Southern black slaves, often used to signal plans to escape.*

Come join the circle.  
Come join the circle, children.  
Come join the circle;  
Come and join us in the circle!

*Counter melody:*

In a circle we're equal.  
No one is left out.  
We all can see each other's eyes.  
A circle is powerful;  
It's unbroken.  
It helps to strengthen all our ties.

## **Listen!**

*Lyrics and chorus melody: © 1998 Paulette Meier*  
*Verse melody: Sufi chant "Listen to my heart song."*

1. Listen, listen, listen  
to what I say,  
I've got something to tell you,  
Please don't look away.  
I've got something to tell you  
Please don't look away.

2. Listen, listen, listen  
we have stories to share.  
Taking turns listening  
Keeps our friendships fair.  
Taking turns listening  
Keeps our friendships fair.

Chorus:  
Li-sten  
Li-i-isten  
Li-sten  
We all want to be heard.

3. Listen, listen, listen,  
You've got something to say,  
I won't interrupt  
I'll hear you today.  
I won't interrupt  
I'll hear you today.

4. Listen, listen, listen,  
to my heart sing.  
When we get good attention,  
We feel like a king!  
When we get good attention  
We feel like a queen!  
Chorus

## **TIME at the Peace Table**

©1999 Paulette Meier \*

1. Michael and Tony had a conflict today  
About which game they were going to play.  
Each of them was digging his heels in deeper,  
When all of a sudden, we heard Ronnie say:

Chorus:

Let's take some time at the peace table,  
Take some time at the peace table.  
Gonna take some time and show that we're able  
To work things out without a fight!

2. Ann passed Mark and knocked over his drink,  
The juice ran all over and it stained his shirt pink.  
Well, Mark stood up and protested loudly,  
When a little voice inside him said, "Hey stop and think!"

Chorus

3. Leah and Tammy were arguing loud,  
And soon all the yelling attracted a crowd.  
Each of them was on that conflict escalator,  
When Tammy stopped and took a breath and said real proud:

Chorus

Well, you may wonder what you do, when you take time at the peace table.  
Yeah, you may wonder what it means to take time at the peace table.  
Well, T.I.M.E. will help you remember;  
Yeah, T.I.M.E. will help you remember.  
cause the "T" stands for TAKING TURNS TALKING AND LISTENING.  
And the "I" stands for using I-MESSAGES.  
And the "M" stands for MAKING SUGGESTIONS AND CHOICES.  
And the "E" means END IT ALL by shaking hands and saying THANKS!

Final Chorus:

for taking time at the peace table,  
taking time at the peace table.  
Yeah, we took some time and showed that we're able  
to work things out without a fight!  
Yeah we took some time at the peace table,  
Took some time at the peace table.  
Yeah we took some time and showed that we're able  
to work things out without a fight.  
Yeah to work things out without a fight.  
We can work things out without a fight!

## **What Does Peace Mean?**

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*(prompted by an activity in Naomi Drew's Learning the Skills of Peacemaking, Jalmar Press.)*

Chorus:

What does peace mean? Peace means taking care of.  
What does peace mean? Peace means taking care of.  
What does peace mean? Peace means taking care of  
Ourselves, each other and the earth.

1. When we take care of ourselves, we get the  
rest we need.  
We eat good and healthy food and exercise our bodies.  
We have lots of fun, and we cry when we're sad.  
We speak up for ourselves if we're upset or mad.

Chorus

2. When we take care of each other, we help  
each other out.  
We ask each other questions, like "What are you  
sad about?  
We listen to our stories, we take turns in our play.  
We cheer each other on as we find our own way.

Chorus

3. When we take care of the earth, we listen to her ways.  
We plant trees and vegetables; live simply everyday.  
We treasure all her gifts, the air, the sun, the rain.  
We ride our bikes and turn out lights and we don't  
throw much away!

## Good Friends (The Peer Mediation Song)

©1999 Paulette Meier

1. When you came to our school in the third grade,  
I knew right off I would not like you.  
You talked real loud; you acted risky and wild,  
And all the other daring kids looked up to you.  
And I was a quiet girl, I did what I was told;  
Never 'caused any trouble, stayed out of others' way.  
To me you seemed kind of bossy and mean,  
And far away from you is where I wanted to stay.

2. Our teacher Ms. Bailey in the fourth grade  
had lots of projects where we worked in pairs.  
I managed not to have to work with you  
till we had to do that report on bears.  
My stomach turned over as I heard her say,  
"Molly, why don't you work with Sharee?"  
My back got stiff and I bit my lip,  
But I couldn't do much but agree.

Chorus:

Who'd 've ever thought that we could be friends,  
who'd 've ever thought we could be good friends?  
Who'd 've ever thought that we could be friends,  
Who'd 've ever thought we could be good friends?

3. Well I'm not one to get angry much,  
But with you as a partner by blood got hot!  
You talked and you talked about your ideas,  
And you never even asked to hear what I thought.  
And when you told me to write all your ideas down  
So you could choose the best one to do-

That's when I blew, and I yelled at you,  
And I called you some names, then you got angry too.

4. Before I knew it, our fists were raised.  
And two peer mediators jumped up to say.  
Looks like you've got a conflict here,  
Can we help you to find a better way?  
I didn't see how anything could help,  
But we didn't have much to lose.  
With Ms. Bailey lookin' cross the room at us.  
It wasn't too hard to choose.

Chorus Bridge:

Well the job those mediators had was tough  
But with questions and good listening  
They showed their stuff.  
And you learned that just because I am quiet  
doesn't mean I don't have ideas of my own.  
And I learned that just because you take charge  
doesn't mean that you want to do it alone.

5. Well peer mediation helped us change our ways.  
I had to speak up, and you needed to wait.  
We learned all about why bears hibernate,  
But the real lesson was to negotiate.  
Since then we've done lots of things together;  
You taught me rock climbin'  
and I showed you how to draw.  
Sometimes I get mad, at times you're impatient;  
But mostly it's fun, breakin' down those walls.

## Cool Cooperation

© 2001 James L. Oglesby (*Utopia*)

### Hook

Cool cooperation, let the rhythm move your feet  
Because in the end you know that we both win  
So there's no need to compete. Hey!  
When there's cool cooperation,  
Everybody gets a turn.  
There's no competition, 'cause we're all  
different,  
Just listen and you'll learn!

1. We constantly working on keeping the earth  
clean.

We lettin' the birds sing, we makin' the freedom  
ring.

We stoppin' from being mean.

I bring love peace and happiness;

We kings and queens.

And now I'm doin' what me pappy did.

We cooperated.

I never made it a point to stay hated.

I got nothin' but love.

We got the sun and the moon and the stars in the  
sky.

And we can all get down if we're willin' to try.

Don't matter, black, white, red, yellow, it's all  
right.

Now that's the spirit,

That's the spirit.

### Hook

2. Now the DJ' spinnin' and I'm movin' my feet.

You know I got my own dance, 'cause I'm so  
unique.

Now won't you clap your hands to the co-op  
beat!

I give love, get love and it feels so sweet.

It doesn't matter who's the strongest, who's the  
tallest,

who's the biggest, who's the smallest, or who's  
the smartest.

We're all a part of this conjunction.

Let's get it together.

And yo, I'll bet you things will never be better.

You got to respect yourself, respect others.

Respect your dad, respect your mother.

Gotta' treat people just how you wanted to be  
treated.

Now when I say "cooperation" you all repeat it.

Cooperation!

### Hook

3. Now I'm not the best in math.

But I know that two heads are better than half.

Plus you know I love it when you makin' me  
laugh.

Now if you help with my homework, please?

I'll help you with yours; we'll help each other  
with chores.

Pull out chairs, open doors for each other.

Everybody's special.

We all people.

We all equal.

See, I'm 'a teach you.

Listen!

If you put your hand in my hand,

you know there ain't a battle that we can't win.

The color of your skin don't matter, baby, it's all  
love,

So if you know it, start joinin' in!

Everybody say!

(Final Hook 3x)

## Canned Peas Blues

©1999 Paulette Meier

1. It's Wednesday night at our house  
I'm in the kitchen all alone.  
Yeah, it's Wednesday night at our house  
And I'm wishing I weren't home.  
I stare at my food on the table  
And all I do is moan and groan.

2. I hear my friends out the window.  
They're laughing loud and having fun.  
Yeah, I hear my friends out the window.  
They're playing hard in the evening sun.  
I hear "allegee allee in free!",  
But I can't come 'cause I'm not done.

Chorus:

Canned peas, canned peas,  
Mama don't make me eat them please!  
I'll get down and beg on my knees,  
'cause they taste like stinkin' ol socks to me.

3. I've tried everything I know  
to get them gone from my plate.  
I've tried everything I know  
to avoid this Wednesday fate.  
But Mama don't miss a trick;  
She makes me eat those peas I hate.

*Break:*

I've tried rollin' them on the floor;  
throwin' them out the door  
stickin' them under my seat  
squishin' them under my feet!  
Oh, Mama, can't we please negotiate?  
I'd do anything to avoid this Wednesday  
fate.  
But Mama don't give a lick.  
She makes me eat those peas I hate.

Chorus

4. Gotta find a way to end this;  
gonna stop my misery.  
Gonna find a way to end this;  
but it's still a mystery.  
Gotta talk some sense into Mama.  
And make those peas history!

5. I'll get my friends together,  
and with my mama we will meet.  
Yeah, I'll get my friends together.  
So I'm not alone to take the heat.  
And if that don't work to change it.  
Next week we'll picket in the street!

Chorus

**Break 'em on Down**

*by Harmony Grisman*

*(on her CD Second Chants . Changes in melody due to the folk process!)*

© Harmony Grisman

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Break 'em on down; Break 'em on down.  
Break 'em on down, these walls between us.

(Repeat first two lines)

Break 'em on down;  
break 'em on down these walls between us.  
Break 'em on down;  
Break 'em on down, these walls, these walls,  
these walls between us!

Tumba las, tumba las, tumba las paderdes entre nosotros.  
(Repeat)

Tumba las, tumba las pederdes entre nosotros.  
Tumba las, tumba las paderdes, paderdes, paderdes entre nosotros.

## Clothes Don't Make the Person

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Chorus:

Clothes don't make the person  
Labels don't make the clothes.  
Don't be fooled by what they say is cool.  
You're the only one that really knows.  
You're the only one that really knows.

Michelle came home, threw her books on  
the chair  
Laid down on her bed and cried.  
Her sister came in, said: "What's wrong,  
Shelly?"  
and sat down by her side.  
"The popular girls in my class don't like me  
They said what I wear is uncool.  
I have to go buy some brand name jeans  
before I show my face back at school.

Her sister gently stroked her hair and said:  
"Shel', I can see your hurt.  
I'd like to share something from my heart;  
You can take it for what it's worth.  
You're friendly and caring, you're good at  
piano.  
and jumping doubles, too.  
You're fun to be with, you've got lots of  
interests.  
There's no one to compare with you.  
And just remember that:

Chorus

Josh got mad 'cause his dad won't buy him  
those high priced basketball shoes.  
He says some guys on his team make fun of  
him and say it's his fault when they lose.

© Paulette Meier, Cincinnati, OH

His dad said, "Son, you can save your  
money  
to buy that big label brand.  
If I could afford them, I still wouldn't buy  
them  
I'll tell you why I take this stand:"

"The ones who make those shoes can't even  
afford  
To wear them on their own feet.  
On a dollar a day, their pay is so low,  
They can barely afford to eat.  
While our hard earned money helps make  
the company  
owners get richer each day.  
I can't tell you what to do with the pressure  
that's on you.  
But I'm loving you all the way."  
"Just please remember that...."

Final Chorus :

Clothes don't make the person  
And labels don't make the clothes.  
Don't be fooled by what they say is cool.  
You're the only one that really knows.  
Let's watch were our money goes.



## **Martin and Robby**

*lyrics: Paulette Meier and David Kisor*

*music: © 1996 Paulette Meier*

1. Martin and Robby at recess,  
Got into a fight.  
Been best friends for a long, long time  
Both knew it wasn't right.  
Martin called Robby a sissy  
When he fell down and started to cry.  
Robby got up and swung his fist  
and hit him right smack in the eye.

Chorus:

I wonder why girls can cry.  
But boys have to stuff it.  
My little brother still cries,  
but he doesn't have to be a man yet.  
When he hurts he cries and gets over it.  
When he hurts he cries and gets over it.

2. Robby and Martin in trouble.  
Principal's asking them why.  
Martin says Robby started it first,  
Robby says, "That's a big fat lie."  
Martin admits he called Robby a name.

It slipped out, he doesn't know why.  
His dad tells him: "Don't be like a girl"  
Whenever he starts to cry.

Chorus

3. Martin and Robby, friends again;  
Apologized and talked it out.  
Robby tells Martin "Maybe cryin's not bad,  
and that's how you get the pain out."  
Martin says to Robby "Let's make a pledge,  
If you cry around me, it's ok.  
Robby agrees and tells Martin the same,  
"And if anyone asks, we'll say:"

Chorus (new version):

Maybe not just girls can cry.  
Maybe boys don't have to stuff it.  
Our little brothers still cry.  
'Cause they're not done being human yet.  
When they hurt, they cry and get over it.  
When we hurt, we'll cry and get over it.  
When we hurt, we'll cry and get over it.

## The Strategy Wheel

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*(The strategy wheel concept is from Creative Conflict Solving for Kids by Fran Schmidt & Alice Friedman, founders of the Peace Education Foundation in Miami, Florida.)*

1. Tasha told me the word is out  
that I said I like Ben.  
Now the only one that knew  
was my friend Lana Sue  
Can't believe she'd break my confidence!  
I'd like to tell her a thing or two,  
I'm so angry I could ring her neck.  
But I know that would only make things  
worse,  
So I gotta think of something instead.

Chorus:

The strategy wheel, oh the strategy wheel.  
Spinning 'round my head.  
The strategy wheel, yeah the strategy wheel.  
What can I do that makes good sense  
instead?

2. I lost my pen the other day  
It was my favorite, a gift from Mom.  
Well I looked all around, but it couldn't be  
found.  
Till now, I see it in the hands of Tom.  
Well, that thief he must have taken it from  
my pack  
When we were out at lunch.  
I gotta think of something quick to do  
before I grab it and give him a punch.

Chorus

Bridge:

There are lots of choices now  
To stand up peacefully.  
You got to spin that wheel around  
And pick your strategy.  
The strategy wheel (You can ask a question  
now.)  
Yeah, the strategy wheel (Or take some  
time to cool down.)  
The strategy wheel, (Get a friend to listen  
well.)  
Oh, the strategy wheel, (Or go outside and  
jump and yell!)  
The strategy wheel, (get someone to  
mediate.)  
Yeah the strategy wheel (talk it out and  
negotiate.)  
The strategy wheel, ( the strategy wheel)  
Yeah the strategy wheel, (yeah the strategy  
wheel)  
What can I do (What can I do)  
That makes good sense (That makes good  
sense)  
Instead?

## Affirmations

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1. I like the way you smile at me when I walk in through the door.  
I like the way you lend a hand like when you ask your friends, "Hey watcha' fightin' for?"  
I like the way you laugh and giggle when I'm telling a new joke.  
I like the way you cheer friends on when you're turnin' the jump rope.

Chorus:

Affirmations, We need to hear good things about us every day.  
Affirmations, can help the blues go away.  
Affirmations, get a put up and take a bow.  
Affirmations, and let's end those put downs now!

2. I like the way your eyes sparkle when you're telling us somethin' new.  
I like the way your face lights up when you're sister comes in the room.  
I like the way you use your hands, they paint pictures, when you talk.  
I like the way your feet fly, when Daddy says "Let's take the dog for a walk."

Chorus

3. I like the way you take a stand when somethin' happens that you know is not right.  
I like the way you figure it out, 'stead of starting a big ol' fight.  
I like the way you cry it out, when you're feeling sad and blue.  
I like the way you show you care, when I'm feeling that way too.

Chorus.

## Dealing with Feelings Rap

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*We'd like to share with you some things that we've learned about communicating when you've got a concern. First we need to talk about something we've all got that if we don't manage well can tie us up in knots. And that's FEELINGS, we've got 'em, of all different kinds. But they don't have to run us, 'cause we can use our minds. Feelings are strong, can make it hard to think. There's lots of things to do so you don't have to sink. You can shake like a leaf in the wind when you feel scared, Ask someone to hold you when you've had a nightmare. And let yourself cry when you're feeling really sad; Ask for some attention when you're down or mad. Don't bottle up those feelings and keep them inside where they can mess you up and eat you alive. But dumping them on folks who aren't really listening won't clear your mind and can start them bristling. So if you want to vent and get things off your chest find a willing listener 'cause that will work out best. Now we want to tell you 'bout a special tool that can help you get along at home or school. It's called an I-message; that means "I," not "you." It's a way to talk it out when you're feeling in a stew. There's no blaming, no shaming, no putdowns or disgrace. I simply tell you how I feel and why I feel that way. I say exactly what it is that bothers me and maybe also tell you how I'd like it to be. And though I-messages can help when you feel mad,*

you can use them as affirmations, when you're feeling glad.  
*So here are some examples that were put to tune. Why not listen to the words and try one real soon?*

1. I feel angry when someone yells at me because I don't feel respected at all.  
I'd like if you could speak to me in a voice that's a bit more calm.  
I'd like to know what you're mad about.  
But I can't listen well when you shout.

2. I feel annoyed when you put down what I say or I think when we see things differently.  
I'd like to tell you what I think without fear of being 'dissed.  
And you can expect the same of me.

3. I feel hurt when you leave me out because I thought we were the best of friends.  
I'd like to talk with you, to figure out where our friendship stands.  
I'd like to know why you didn't ask me?  
How do we want our friendship to be?

4. I feel grateful when you take time to listen to my problems,  
Because it helps me think things through.  
I'd like to thank you for giving your time and attention.  
'Cause now it's clear to me just what to do!

*ending refrain:* If we want to relate, we've got to communicate

## **Come On Board!**

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1. If you're a child, come on board  
If you're an elder, come on board  
If you're young or old or any age in between,  
Come on board, come on board.  
Yeah, if you're young or old or any age in  
between.  
Come on board, come on board.

2. And if you're female, come on board;  
And if you're male, come on board,  
If you're father cooks the meals,  
and your mother drives eighteen wheels,  
Come on board, come on board.  
Yeah, if you're father cooks the meals,  
and your mother drives eighteen wheels,  
come on board, come on board!

Chorus:

This train is bound for healing,  
This train is rolling on the rails of compassion.  
This train is bound for justice,  
This train is riding down the track toward  
liberation!  
Won't you come on board?

3. And if you're Jewish, come on board.  
Or if you're Muslim, come on board.  
If you're Catholic, Hindu or Buddhist,  
Come on board, come on board.  
And if you honor the Earth Mother, or Great  
Spirit,  
Come on board, come on board!  
Chorus

4. And if you're African, come on board,  
And if you're Asian, come on board.  
If you're ancestors came from different places  
'round the world,  
come on board, come on board.  
Yeah, if you're ancestors came from different  
places 'round the world,  
come on board, come on board!

5. So if you're part Spanish, come on board.  
And if you're part German, come on board.  
If you're Scotch Irish, Italian or Native  
American,  
come on board, come on board.  
Yeah, if you're Scotch Irish, Italian or Native  
American,  
Come on board, come on board!

Chorus (2x)

*Coda:* We have lots of differences, but we've  
lots more in common!