

AMBER Soul Songs LYRICS

1. THE AMBER DANCE

Making Bodies Feel Better through AMBER

A boat it needs an ANCHOR, to stop it drifting off
My anchor connects me and reminds me that I'm loved

Chorus

*...and so I stretch up high, bend down low,
Doing the AMBER dancing really makes us GLOW*

When I MOVE my body, it really shakes things lose,
Gets rid of all those tense bits and always feels so good

Chorus...

BREATHE in nice and slowly and notice how that feels
My brain sends out a message that my body likes to feel

Chorus...

Holding in my FEELINGS can sometimes feel so bad
So now I say when I am happy and I say when I am sad

Chorus...

Doup douby doup doupy doup douby
doupy douby

Doup douby doup douby dooo

(Repeat x 4)

Some days are just so busy, with lots and lots to do
So it's really good to just RELAX and you should try it too!

Chorus...

(Repeat Chorus twice)

Doup douby doup doupy doup douby
doupy douby

Doup douby doup douby dooo

2. BEAUTIFUL CHILD

A Blessing for children and the little child in everyone

May your light shine on, May your light shine
May your heart be open, and may your mind be calm
May your heart have courage, May your love flow free
May your beautiful light, Shine for all to see

Chorus

Beautiful Child, Beautiful Child, Beautiful Child, I see you

Know that you are safe now, know you are loved
Know that you are special, like a star up above
Take a little moment, To feel the power of you
keep your light shining, Keep it shining through

Chorus...

Music Ensemble

3. STRONG LIKE A MOUNTAIN

Medicine Moves: Natures Prayer

I am strong like a mountain
I am deep like a river
I can sing like a bird in a tree
I am strong like a mountain
I am deep like a river
And I love how it feels to be me

4. FREE TO BE ME

**Supporting Self Acceptance, Self Love & Self Image and
Boosting Self Confidence, Self Expression and Self Esteem**

Chorus

*I'm free, (I'm free) free to be me
And you're free, (your free) free to be you
We're free, (we're free) free to be we
We're free to be different!
Free to be me!*

We are all so different, and we don't need to be the same
If you were just like me that would really be a shame

Chorus...

Different faces different shapes make this world a better place
Different voice different skin makes things much more interesting

Chorus...

Show your feelings let them out, and let your true self run about
Celebrate both you and me and all of our diversity

Chorus...

5. HAVE A HUG

Resilience and relationships grow together through kind touch and meaningful connection

Have a hug have a hug have a great big hug x 4

What can you do when you're feeling bad,
have a hug (clap clap)

What can you do if you're feeling sad,
have a hug (clap clap)

What can you do if you've been in a fight,
have a hug (clap clap)

What can you do if you've had a bad fright
have a hug (clap clap)

Chorus

Hugs can turn your mood around

Hugs can conquer any frown

Hugs can make you smile again

Hugs can help you be a friend

Hugs can feel so good to give

What a lovely way to live

One great big hug each day

Helps to keep the cares away

What can you do if you feel confused,
have a hug (clap clap)

What can you do if you've got the blues,
have a hug (clap clap)

What can you do if you've had a bad day,
have a hug (clap clap)

What can you do when your friends won't play,
have a hug (clap clap)

Chorus...

Have a hug have a hug have a great big hug x 4

6. LIKE A TREE

Grounding and Reassuring, Just like a tree, you are enough just as you are, with everything you need inside of you to find your way through life's seasons, you just have to remember to look inside and then you will feel yourself grow.

Oooooooooou ooooouuuuuu...
(repeat twice)

Picture in your mind a strong oak tree
With leaves that shine in the sun,
The roots of the tree go far into the earth
That's where it's strength comes from.

Chorus

*And I am like a tree, strong and proud
My branches sway in the breeze,
Everything I need, lies deep inside of me
Only I know where that is
Oooooooooou ooooouuuuuu*

Just like the oak will lose its leaves
It's acorns will tumble to the ground,
Some days I know, I'll feel bad
Sadness will be all around.

Chorus...

Winds may howl around me
Troubles will make me feel low,
But I'll remember that strong oak tree
And I will feel myself grow.

Chorus...

Oooooooooou ooooouuuuuu
(Repeat 3 times - fade)

7. FEELINGS

Remembering that this too shall pass.

The highs and the lows are all temporary and remembering that feelings are temporary can help us cope with big overwhelming emotions and feelings. It's okay to cry, it's okay to smile, both will come and go and the art of emotional resilience is noticing them, allowing them to be felt and releasing them.

In this little guided meditation or poem, we remember that just as waves come and go, so do feelings. So as you take a few moments to relax and unwind notice your feelings, allow them to be felt, notice where they are in your body release them to something bigger than you... Like Waves, The Earth, The Universe, God.

Breathe in and out with the waves to support your acceptance, release and calm of what is here now.

Feelings come and,
Feelings go like,
Waves upon a
Sandy shore...