

feelin' good



words and music by jill gallina

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1997
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1981

MUSIC LP

Feelin' Good

Words and Music

by Jill Gallina



SIDE A

SONG:

- 1 Feelin' Good
- 2 Exercising is Energizing
- 3 Shake a Leg
- 4 We're All Special People
- 5 Use Your Head

SIDE B

SONG:

- 1 The Magic Machine
- 2 You Are What You Eat
- 3 Good Friends
- 4 Let's Wash
- 5 Sweet Dreams My Friend

Introduction

Raising healthy, happy and well adjusted children is the most valuable contribution we can make to society. That's what "Feelin' Good" is all about. This collection of songs encourages children to feel good about themselves, take good care of their bodies and minds, and helps them to develop a positive self-image. The ten rock style songs provide lots of opportunities for action, creative dramatization and sing along. So whether listening, singing along or actively moving to the music, you're sure to be "Feelin' Good" before very long.

About the Composer

"Feelin' Good" marks Jill Gallina's fifteenth children's album. Formerly an elementary school music teacher, she has presently devoted herself to a full-time career as a composer of children's and educational materials. Along with her children's albums she has published three children's musicals including "Santa and the Snowmobile" and "The Runaway Snowman; and has over forty choral selections in print. Her music has been published by Jenson Publications Inc., Shawnee Press, Hal Leonard, Kimbo Educational, Alexander Broude, Educational Activities and Silver-Burdett Co. Her music has been performed internationally and she is a member of ASCAP.

CREDITS

Words and music Jill Gallina
Drums Ron Traxler
Bass Jule Ruggiero
Guitars Vinnie Bell
Keyboards Derek Smith
Vocals Michael Gallina, Jill Gallina
Recorded at Alpine Studios, Alpine, N.J.
Cover Design Michele Epstein
Produced and recorded by Rich LePage

*A companion songbook complete with script, piano accompaniments, and accompaniment track tape of "Feelin' Good" which will make it possible to perform "Feelin' Good" as a musical revue, is available from Jenson Publications Inc. For further information write to Jim Kimmel, Jenson Publications Inc., 2880 South 171st St., New Berlin, Wisc. 53151.

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FEELIN' GOOD

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Side A

Song 1 "Feelin' Good"

Let's sing a song about feelin' good, feelin' good, feelin' good,
Let's sing a song about feelin' good cause I'm feelin' good today.
Everybody come on clap your hands. Clap them happily,
And say "I like me," again, "I like me", once more "I like me".
Well that was good, I knew you could.
Let's sing a song about feelin' good, feelin' good, feelin' good.
Let's sing a song about feelin' good cause I'm feelin' good today.
Everybody come on tap your toes. Tap them happily,
And say, "I like me", again "I like me", once more "I like me".
Well that was good I knew you could.
Let's sing a song about feelin' good, feelin' good, feelin' good.
Let's sing a song about feelin' good cause I'm feelin' good today.
Everybody come on clap your hands. Clap them happily,
And say "I like me," again, "I like me", once more "I like me."
Well that was good, I knew you could.
Let's sing a song about feelin' good, feelin' good, feelin' good.
Let's sing a song about feelin' good cause I'm feelin' good,
And you're feelin' good. We're all feelin' good today. FEELIN GOOD!

Song 2 "Exercising is Energizing"

Will you come out and play with me?
We'll have alot of fun you'll see.
We can ride on our bikes, go for a hike,
Play hide and seek, and don't you peek because
exercising is energizing, exercise everyday.
Exercising is energizing so come on outside and play.
Will you come out and play with me?
We'll have alot of fun you'll see.
We can run in a race, sail off in space,
try to catch me, I'm climbing a tree because

exercising is energizing, exercise everyday.
Exercising is energizing so come on outside and play
Will you come out and play with me?
We'll have alot of fun you'll see.
We can swing on a swing, do anything.
Swim in the lake, let's roller skate because
exercising is energizing, exercise everyday.

Exercising is energizing so come on outside and play.
Exercising is energizing, exercise everyday.
Exercising is energizing so dust off your skin,
shake out your bones, come on outside and play.

Song 3 "Shake a leg"

There's a dance that we're gonna do.
I hope that you want to do it too.
' cause I would like to shake a leg with you.
Lift your left leg way up high.
Shake it now from side to side.
Now put it down and shake your right leg too.
I shake my head and so do you.
Now shake your hands and fingers too.
Shake your hips now if you please
and now it's time to shake your knees.
Shake your arms and let them swing.
Now shake your everything.
This is really so much fun you see.
Come on now and shake a leg with me.
Arms, toes, hips, nose, hands, head, knees, legs.
One more time. (repeat 1st 13 lines)
Come on now and shake a leg,
Shake your arms and shake your head.
Come on shake your everything with me.

Song 4 "We're All Special People"

We're all special people, we're not the same.
We all have special faces, we even have a special name.
But we all have smiles and we all have tears.
We all have hopes and we all have fears.
We all have dreams and we all have cares,

'cause we're not different after all.
 We're all special people, we're all unique.
 We all have special feelings, a special way we like to speak.
 But we all like to laugh and to go to the zoo.
 We all like presents all shiny and new,
 and sometimes we do things that we shouldn't do,
 'cause we're not different after all.
 You and me are different people we can see,
 but we have alot in common, I'm sure you will agree.
 We're all special people, I'm not like you.
 We all have special feelings and special things we like to do.
 But we all like to sing and we all like to dance.
 We all have dreams and we all have plans,
 and we all want to grow up and be something grand
 'cause we're not different after all.
 No, we're not different after all.

Song 5 Use your Head

Doot doo doo doo, doot doo doo. (2 times)
 What do I need my nose for? Why do I need a Nose?
 I need a nose for breathing and for smelling a rose,
 and when I have a cold it's for sneezing too, achoo!
 That's what, that's what my nose can do.
 Doot doo doo doo, doot doo doo (2 times)
 What do I need my eyes for? Why do I need My eyes?
 I need my eyes to see with and to watch the sunrise,
 and when I'm feeling sad they're for crying too, boo hoo.
 That's what , that's what my eyes can do.
 Doot doo doo doo, doot doo doo.
 I have hair to keep my head warm when I'm out in the cold
 or I'm caught in a storm.
 I have ears and I know what they do.
 They help me hear and they're for listening too.
 What do I need a mouth for? What can my mouth do?
 I need my mouth for singing and for talking to you
 and when I'm feeling happy it's for smiling too.
 That's what, that's what my mouth can do.
 Doot doo doo doo, doot doo doo.
 I have hair to keep my head warm when I'm out in the cold
 or I'm caught in a storm.

I have ears and I know what they do.
 They help me hear and they're for listening too.
 What do I need a mouth for? What can my mouth do?
 I need my mouth for singing and for talking to you
 and when I'm feeling happy it's for smiling too.
 That's what, that's what my mouth and my ears and my eyes
 and my teeth and hair, that's what they can do.
 Doot doo doo doo, doot doo doo.

Side B

Song 1 The Magic Machine

A heart is like a magic machine.
 The blood keeps flowing, your heart keeps going.
 A heart is like a magic machine it keeps going and going all day.
 A heart is like a magic machine.
 The blood keeps pumping your heart keeps thumping.
 A heart is like a magic machine it keeps thumping and thumping away.
 You never have to wind it up. You never have to plug it in.
 And even when you're sleeping your heart just keeps on
 beat beat beating 'cause
 A heart is like a magic machine.
 The blood keeps flowing, your heart keeps going.
 A heart is like a magic machine it keeps going and going all day.
 It never gets a minute's rest. It never takes a holiday.
 And even when you're out at play,
 Your heart keeps thump, thump, thumping away.
 A heart is like a magic machine it keeps pumping and thumping
 and flowing and going and beating and beating all day.

Song 2 You are What you Eat

You are what you eat from your head to your feet
 so be sure to eat food that's good for you.
 Eat lot's of meat fruit and vegetables too.
 They'll help you grow strong ,yes that's what they'll do.
 (Repeat 1st 4 lines)
 Because good food gives you the power.
 Good food makes you strong as you can be.
 Good food gives you the power.
 Power called energy.

You are what you eat from your head to your feet
so be sure to eat food that's good for you.
Eat lot's of bread,cheese and cereal too.
They'll help you grow strong,yes that's what they'll do

Side B

Song 2 cont.

(Repeat 4 lines)

Because good food gives you the power.
Good food makes you strong as you can be.
Good food gives you the power. Power called energy.
You are what you eat from your head to your feet
so be sure to eat food that's good for you.
Eat lot's of meat, fruit and vegetables too
and you'll grow up nice and strong,
healthy all year long 'cause good food's really good for you.
Yeh!

Song 3 Good Friends

Helping me grow up, helping me grow. (2 times)
The doctor is a friend of mine,
who checks me to make sure everything is fine.
The dentist is a friend of mine,
who cleans my teeth and makes them shine.
Helping me grow up, helping me grow. (2 times)
Good friends keep us strong you know.
Go od friends help us all to grow.
Good friends keep us strong you know.
Good friends, helping us all to grow.
Helping me grow up, helping me grow. (2 times)
The doctor sees me once a year
to check me eyes, nose,chest and ears.
The dentist looks in my mouth to see
if my teeth are clean, if I have a cavity.
Helping me grow up, helping me grow. (2 times)
Good friends keep us strong you know.
Good friends help us all to grow.
Good friends keep us strong you know.
Good friends helping us all to grow.
Helping me grow up, helping me grow.(2 times)
Well if I'm sick or have the flu

the doctor knows just what to do.
And if my tooth is aching me
the dentist is the one to see.

Side B

Song 3 cont.

Helping me grow up,helping me grow. (2 times)
Good friends keep us strong you know.
Good friends help us all to grow.
Good friends keep us strong you know.
Good friends helping us all to grow.
Helping us all to grow.

Song 4 Let's Wash

Come on everybody let's wash today.
We'll make ourselves clean as can be.
Let's just pretend that we're in a tub.
Come on everybody it's time to scrub.
Wash your face, wash it all over.
Wash it around and around and around.
Wash your legs , wash them all over.
Wash them up, wash them up,and wash them down.
(repeat 1st 4 lines)
Wash your knees, wash them all over.
Wash them around and around and around.
Wash your arms, wash them all over.
Wash them up, wash them up,and wash them down.
Now wash your feet, wash them all over.
Don't forget to wash in between your toes.
Wash your hands, wash them all over.
Don't forget your face, neck ears and nose.
We're splashin' in the tub, But now it's time to scrub.
We'll still have time to play once we've washed the dirt away.
Everybody's having a splash today.
There's water all over the place.
It's lot's of fun being in the tub,
but let's get down to business and scrub, scrub, scrub.
Wash your elbows, wash them all over.
Wash them around and around and around
Wash your back, wash it all over.
Wash it up , wash it up,and wash it down.

Side B

Song 4 cont.

Everybody's having a splash today.
There's water all over the place.
It's lot's of fun being in the tub,
but let's get down to business and scrub, scrub, scrub.
Uh oh! We forgot our hair!
Come on everybody take out your shampoo.
We'll wash our hair, wash it all over.
Oh yes that's what we're gonna do.
Wash your hair, wash it all over.
Our hair's really gonna shine today.
Rinse your hair , rinse it all over.
Rinse all the soap away.
Now step out of the tub and dry yourself off.
You don't want to catch a cold or a cough.
And now that we've washed the dirt away.
We're all feeling nice and clean today.

Song 5 Sweet Dreams My Friend

At the end of the day when you've finished your play
had your dinner and put your things away,
there's just one thing left to do before the day is through
you've got to go to bed and fall asleep.
Sweet dreams my friend till the morning comes again.
Sweet dreams for you and may your happy dreams come true.
When you wake up tomorrow will be a new day.
You'll get up, get dressed and then go on your way.
But for now you must sleep tomorrow will keep.
So close your eyes and try to fall asleep.
Sweet dreams my friend till the morning comes again.
Sweet dreams for you and may your happy dreams come true.
Sweet dreams my friend till the morning comes again.
Sweet dreams for you and may your happy dreams come true.

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