

FOLKWAYS RECORDS FC 7451
STEREO

love 'n kindness



words and music by jill gallina

M
1997
G168
L897
1982

MUSIC LP

FOLKWAYS RECORDS FC 7451
STEREO

SIDE A

1. Love 'N Kindness
2. Feelings Are Just Feelings
3. Making New Friends
4. New Kid In Town
5. Two Heads Are Better Than One

SIDE B

1. Nobody Plays With Johnny
2. You're Beautiful
3. Send A Card
4. The Magic Words
5. We May Never Ever Pass This Way Again.

INTRODUCTION

LOVE 'N KINDNESS is an album of ten meaningful rock style songs that help children to explore their own feelings while encouraging them to be aware of the needs and feelings of others. Centering around the theme of feelings, the songs touch upon the topics of being considerate, making new friends, feeling good about oneself, saying goodbye, and treating each other with love, kindness and respect.

ABOUT THE COMPOSER

Jill Gallina is one of our nation's best known composers in the field of children's music. She has written more than sixteen children's albums, six musical plays including "The Runaway Snowman," "Feelin' Good," and "The Wackadoo Zoo" as well as numerous choral selections. She is a recipient of the POPULAR MUSIC AWARD from ASCAP for her work in the field of children's music. Her music has been published by Jenson Publications Inc., Shawnee Press, Wide World Music, Alexander Broude, Silver Burdett, Hal Leonard Co., Kimbo Educational and Educational Activities.

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

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43 W. 61st ST., N.Y.C., 10023 N.Y., U.S.A.

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DESCRIPTIVE NOTES ARE INSIDE POCKET
FOLKWAYS RECORDS FC 7451

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SONG 1 LOVE N KINDNESS

Love and Kindness, spread it everywhere.
 Love and Kindness, show someone you care.
 Just give a little love in all that you do.
 And pretty soon you'll see the sun will be out shining all over you.
 Love and kindness let your feelings show.
 Love and kindness, let the lovin' flow.
 Just show somebody that you really care and you'll find love and kindness everywhere.
 Make somebody happy, show someone you love them.
 Love and kindness, lend a helping hand.
 Love and kindness, show you understand.
 Just spread a little love in all that you do.
 And pretty soon you'll find that everyone else is catchin' the lovin' too.
 Love and kindness let your feelings show.
 Love and kindness, let the lovin' flow.
 Just show somebody that you really care and you'll find love and kindness everywhere.
 Just show somebody that you really care and you'll find love and kindness lots of love and kindness, love and kindness everywhere.
 Make somebody happy. Show someone you love them.
 Make somebody happy now.

SONG 2 FEELINGS ARE JUST FEELINGS

Sometimes we all feel sad and blue.
 crying's really what we want to do.
 But another day is sure to come our way when things are going to be as good as new.
 Sometimes we all feel really mad.
 Want to stomp and shout we feel so bad.
 But in a little while you'll find you want to smile and then you'll see that things are not so bad.
 (CHORUS)
 Feelings are just feelings you see.
 You have them it's true and I have them too.
 Feelings are just feelings you know.
 Feelings that just come and go.
 Sometimes we all feel scard you see.
 Worried 'bout something that may be.
 But if you stand up tall and try to face it all.
 You'll find that things are not so bad you see.
 (REPEAT CHORUS)

SONG 3 MAKING NEW FRIENDS

Greet a new neighbor, shake his hand.
 Show him you care and that you understand.
 Offer some kindness as you go on your way.
 And you'll make lots of friends, lots of new friends each day.
 la, la, la, la, la, la, la, la, la, (2X)
 Welcome the world with an open door.
 You have love in your heart with lots of room for more.
 Just say to someone come on in won't you stay.
 And you'll make lots of friends, lots of new friends each day.
 la, la, la, la, la, la, la, la.
 There may come a day when people will say that good friends are hard to come by.
 But how will you know it just isn't so if you never, never, never, ever,
 even try.
 Smile at a friend and say "How do you do?"
 and in a snap you'll catch them smiling too.
 Let in the love and watch the fears fly away.
 And you'll make lots of friends, lots of new friends each day.
 la, la, la, la, la, la, la, la.
 (REPEAT LAST 8 LINES)

SONG 4 NEW KID IN TOWN

Have you heard the news there's a new boy in town?
Let's go welcome him and show him around,
'cause he may be feeling scared, maybe feeling alone,
so let's go welcome him and make him at home.
Show a new friend that you care. Show a new friend you'll be there.
When they need you, you'll help them find the way.
Just say "Hi friend, how do you do. We're really glad to know you."
"Hey friend, we'll show you around. It's so nice to have a new kid in town."
Have you heard the news there's a new girl in town?
Let's go welcome her and show her around,
'cause she may be feeling scared, maybe feeling alone.
so let's go welcome her and make her at home.
(REPEAT LINES 5 - 8)
Have you heard the news there's a new boy in town?
Let's go welcome him and show him around,
'cause he may be feeling scared maybe feeling alone.
So let's go welcome him. Let's go talk to him.
Let's go welcome him and show him around.
It's so nice to have a new kid in town.

SONG 5 TWO HEADS ARE BETTER THAN ONE

You get the bricks, I'll make the wall, together we can build a house ten
feet tall. You get the cloth, I'll get the thread, together we'll make dresses that'll
turn their heads because two heads are better than one for doing it.
Two heads are better than one for doing it.
Two heads are better than one 'cause they make work like fun.
You grab a broom, I'll get one too, together we can make this place as clean
as new.
You pick the tune, I'll pick the key, together we can write a song in harmony
because, two heads are better than one for doing it, two heads are better than
one for doing it.
Two heads are better than one 'cause they make work like fun.
Everything is better when you do it together, things are much easier too.
The time just seems to fly quickly right on by.
And makes things much more fun to do.
You get a brush, I'll get one too, together we can paint a pretty sky of blue.
You get the boat, I'll get the oars, together we can row away to far off shores
because, two heads are better than one for doing it.
Two heads are better than one for doing it.
Two heads are better than one 'cause they make work like fun.
(REPEAT LAST 8 LINES)

SONG 6 NOBODY PLAYS WITH JOHNNY

Nobody plays with Johnny. He's not like you or me.
Nobody plays with Johnny. He's different you see, different than you and me.
But he can laugh, he can cry just like you and I
Yes, he has feelings you see.
So don't laugh at him, laugh with him instead 'cause he's just a good as you
and me.
Nobody talks to Johnny. He's not like you or me.
Nobody talks to Johnny. He's different you see, different than you and me.
But he can laugh, he can sing, he can do lots of things.
Yes he has feelings you see.
So don't laugh at him, laugh with him instead,
'Cause he's just as good as you and me.
Let's go and play with Johnny. He's just like you and me.
Let's go and play with Johnny. He's not different you see, no different than
you and me.
Yes, he can laugh, he can cry just like you and I.
And he has feelings you see. So don't laugh at him, laugh with him instead
'Cause he's just as good as you and me.
Yes he's just as good as you and me.

SONG 7 YOU'RE BEAUTIFUL

Is your skin black or is it white? Whatever it is you're beautiful.
Is your skin dark or is it light? Whatever it is you're beautiful.
Gee, you're really great. YOU'RE a special person.
There's nobody just like you. No one can do things the way you do.
No one who walks just like you, or talks just like you.
Are your feet big or are they small?
It doesn't matter at all, you're beautiful.
Are you real short or are you tall?
It doesn't matter at all, you're beautiful and there's one more thing.
No one can sing just like you. No one can do anything just like you.
Beautiful, it's true. Beautiful, that's you.
REPEAT LINES 1 - 5
Does your hair curl or is it straight?
Well both look just great, you're beautiful.
Are your eyes green or brown or blue?
Well any color will do, you're beautiful and there's one more thing.
No one can sing just like you. No one can do anything just like you.
Beautiful it's true. Beautiful, that's you. (2X)

SONG 8 SEND A CARD

Sally's sick at home. Feeling all alone. Hasn't seen her friends for a while.

What can we do? What can we do? How can we make Sally smile?

Send a card. You don't need a letter.

Just a card that says "Hope you're feeling better."

Send a card saying "How are you feeling today?"

"Hey friend I hope you're O.K."

Tommy's sick in bed. Cold up in his head. Feeling so lonely and blue.

What can we do? What can we do? To make Tommy feel good as new?

Call him up, call him on the telephone.

Say "Friend I know you're feeling all alone."

Call him up and say "How are you feeling today?"

"Hey friend I hope you're O.K."

Show a little love. Just a little love. Show a little love every day.

Show a little love, Just a little Love. Do it as you go on your way.

Suzy broke her leg, she's in a hospital bed. Stays awake all day and night.

What can we do? What can we do? To make Suzy feel all right?

Send a card, you don't need a letter. Call her up and say "Hope you're

feeling better."

Send a card saying "How are you feeling today?"

"Hey friend I hope you're O.K."

REPEAT LINE 13 - 14

Don't know what to do. Bobby's got the flu. Temperature's soared out of sight.

What can we do? What can we do? To make Bobby feel all right?

Send a card, you don't need a letter. Call him up and say

"Hope you're feeling better."

Send a card saying "How are you feeling today?"

Hey friend I hope you're O.K."

Hey friend, hey friend, I hope you're O.K. (3X)

Other recordings by Jill Gallina

FC 7450—Feelin' Good

FEELIN' GOOD

SIDE A

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

SIDE B

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

SONG 9 THE MAGIC WORDS

Whenever you ask for something you want they're special words
you have to know.

Whenever you ask for something you want, use these words wherever you go.

Whenever you ask for something you want here's what you have to do.

If you want something be sure to say "Please."

After you get it say "Thank you" too.

If you want something be sure to say "Please."

and don't forget thank you too.

The magic words, the magic words, the words that get things done.

Say please and thank you, please and thank you, say them to everyone.

Whenever you ask for something nice or something really special too.

Whenever you ask for an ice cream cone or a piece of candy too.

Whenever you ask for something you want, here's what you have to do.

REPEAT LINES 5 - 10

When you want to ask for a brand new bike, there's something that you
have to do.

If you want to ask for a piece of fruit or a cup of hot chocolate too.

Whenever you ask for something you want, here's what you have to do.

REPEAT LINES 5 - 10.

Please Thank you. Por favor Gracias. Si vous plais Merci.

SONG 10 WE MAY NEVER PASS THIS WAY AGAIN

The time has come to say goodbye to all the friends we knew.

Best wishes as you go your way. May all your dreams come true.

As you travel down life's roadway may I ask one thing or two?

Please remember me as I'll remember you.

For we may never ever pass this way again.

But it doesn't mean that this must be the end.

For wherever you may go, I hope you'll always know,

you can call on me and I will be your friend.

If ever you should need a friend be sure to call on me.

Yes, I'll be there to comfort you wherever you may be.

For although our paths may drift apart, no matter what we do,

Please remember me as I'll remember you.

REPEAT LINES 5 - 7

You can call on me. You can call on me.

You can call on me. I'll always be your friend.

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