

FOLKWAYS RECORDS FC 7567

EVERYONE HAS FEELINGS

And Other Children's Songs by Sarah Barchas

COVER DESIGN BY RONALD CLYNE

PHOTO BY DAVID GAHR

M
1997
B243
E93
1971

MUSIC LP



FOLKWAYS RECORDS FC 7567

SIDE 1

Band 1 Everyone has Feelings 2:35
Band 2 Just by Watching 2:52
Band 3 All Across This Wide Wide World 2:37
Band 4 Our Black Brothers 6:02
Band 5 Languages We Speak 1:48

SIDE 2

Band 1 What Happened to the Dinosaurs? 2:45
Band 2 Once I had Two Little Rabbits 4:57
Band 3 Walking in the Woods 3:48
Band 4 Rattle Rattle Rattle Rattle
and a Shake Shake Shake 1:40
Band 5 When a Big Fat Hippopotamus is Yawning 4:13

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



EVERYONE HAS
FEELINGS
And Other Children's
Songs by Sarah Barchas

DESCRIPTIVE NOTES ARE INSIDE POCKET

FOLKWAYS RECORDS FC 7567

EVERYONE HAS FEELINGS And Other Songs

Sarah Barchas



BIOGRAPHY

I am an elementary school librarian, a rancher and cowpuncher, a composer and author. I was born in Los Angeles, the second oldest in a family of eight children. My parents were and are extraordinary people who always encouraged us to keep growing as persons, and helped us develop our abilities. I was raised in a home with valuing of books and music, learning and caring.

Music was always important to me. As a child and teenager, I loved to sing and dance, and to make up melodies. I also always loved animals and the outdoors. When my family moved to a small ranch in Arizona, that love of outdoors was fully realized. I have been involved in ranching for 22 years.

I received a B.A. in Music in 1961, a M.Ed. in Elementary Education in 1963, and a Ph.D. in Reading in 1971, all from the University of Arizona. I worked as an elementary school teacher for 5½ years, and have worked as an elementary school librarian with Tucson Unified School District for 9 years, currently working part-time as school librarian, part-time as rancher. I have also written two books for young children published by Scholastic. In addition, I have been involved in workshops on creative writing, and in 1978 taught a university course in storytelling.

As a librarian, I like to combine literature and music by having story hours centering around a theme and ending with a song. For me, it has been easier and more natural to write the song than to find one, for I had in mind just what I wanted the song to say. I write songs because songs can motivate and enhance any idea, and do so with feeling and delight.

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I love to work with young people. They keep me refreshed and growing. And my work with them will continue to be a stimulus and wellspring for the writing of more and more songs.

Introduction:

Songs are a means of expression of universal appeal. They combine rhythm and melody with idea and feeling. They are a form of language expression totally non-threatening, even to those persons uncomfortable with other forms of language expression. When children read to sing song lyrics, they are hardly aware that they are reading. They are fully absorbed in reading for meaning, reading in context, reading as a means to the end of enjoyment of the song.

Songs bring people together. When singing together, we are joined in common thought and feeling in a relaxed, enjoyable atmosphere of sharing. Songs can be poignant, stirring, thought-provoking; or they can be full of zest and fun. But songs can add a spark of life to any moment as they seem to beckon to us to respond to the song itself and to one another!

Notes About the Songs:

Side One: Songs About People

1. EVERYONE HAS FEELINGS

Everyone has a wide range of feelings, from happiness, excitement and pride to anger, frustration, and fear. We all need to accept our feelings, including the confusion of sometimes having mixed and conflicting feelings at the same time. Young people may wish to act out this song and think of other feelings in more verses they could add later.

2. JUST BY WATCHING

Our five senses are avenues of awareness and exploration of the world around us. Children can think of many other things they like to see, hear, smell, taste, or touch, and incorporate into adapted verses the things of special and personal meaning to them.

3. ALL ACROSS THIS WIDE WIDE WORLD

Crossing all boundaries of differences in culture, custom, nationality, color, religion, politics, and background, people around the world are alike in many important and basic ways. We share a common humanity that transcends our differences. Young people can effectively act out every line of this song as they sing. They may also wish to add more verses, thinking of more characteristics they share in common with other people "all across this wide wide world."

4. OUR BLACK BROTHERS

People of all ethnic groups have made important contributions to the growth and strength of America. Black Americans have made significant contributions throughout our history and in almost every sphere of endeavor. The twelve Black Americans described in these verses only begin to touch on the breadth and significance of accomplishments of individual Black Americans. Young people may wish to add more verses about contemporary black contributors who have special meaning to them.

5. LANGUAGES WE SPEAK

Language is the primary source of communication inviting people to respond to other people. Children are intrigued by different languages and delight in learning them. This song may not only invite more fluency in Spanish and French, but perhaps also motivate young people to find out those expressions in other languages as well.

Side Two: Songs About Animals

1. WHAT HAPPENED TO THE DINOSAURS?

Any librarian knows that the interest of children in dinosaurs is insatiable. Books on those first "real monsters" simply will not stay on the shelves! Scientists still differ on the exact cause or combination of causes of their extinction. Perhaps children can offer their own insights!

2. ONCE I HAD TWO LITTLE RABBITS

All children enjoy pets. This little song about pets in pairs can invite creative writing by young people in thinking of other verses with other animal pets in pairs. They may especially enjoy thinking of humorous names and sound effects for those pets!

3. WALKING IN THE WOODS

In any environment there is much to explore and much to experience through the senses. This song invites sensory exploration in many different places, from walking in the woods to running on a sandy beach.

4. RATTLE RATTLE RATTLE and a SHAKE SHAKE SHAKE

Although some children fear snakes, many are fascinated by them. This song deals with a snake most feared - the rattlesnake - yet combines caution with a bit of humor in the contrasting slow and fast verses. It also invites learning more about other snakes totally harmless.

5. WHEN A BIG FAT HIPPOPOTAMUS IS YAWNING

Children often like to imagine themselves as different kinds of animals. A trip to the zoo can evoke response by children in the sounds and movements of animals with which they can identify. They can act out this song and also think of other images of what different animals are like.

ACKNOWLEDGEMENTS

1. These ten songs are dedicated to my mother, Cecile Barchas, who is the kindest person I have ever known. I wrote the songs, but she loves them. So, in the truest sense, they are her songs.
2. "All Across This Wide Wide World" is dedicated to my sister, Rebecca Barchas, M.D. In her life work she reaches out to people, helping bring them to greater self awareness and understanding of others.
3. Thanks go to Ken Roberts of Lee Furr's Recording Studio for his competent help as recording engineer.
4. My special thanks go to M. Asch for giving these songs a chance.

Side One - Band 1

EVERYONE HAS FEELINGS

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1. Sometimes I am happy, very very happy,
feeling very glad.
Sometimes I am sorry, very very sorry,
feeling very sad.
Sometimes I am angry, very very angry,
feeling very mean.
Sometimes I am proud.
I am very very proud,
feeling like a king or queen.
Chorus: Everyone has feelings.
Everyone has feelings.
Everyone with feelings needs to
laugh and cry.
Everyone has feelings.
Everyone has feelings.
Everyone has feelings, and
so
do
I!
2. Sometimes I am frightened, very very frightened,
scared as I can be.
Sometimes I am brave, I am very very brave,
and nothing can scare me!
Sometimes I am quiet, very very quiet,
thinking dreams today.
Sometimes I'm surprised.
Sometimes I am so surprised
that I don't know what to say.
(chorus)
3. Sometimes I am worried, very very worried,
and I have a frown.
Sometimes I am funny, very very funny,
acting like a clown.

Sometimes I am lonely, very very lonely,

and no one seems to care.

Sometimes I am smiling,

and everyone is smiling,

and smiles are everywhere!

(chorus)

Side One - Band 2

JUST BY WATCHING

words and music by Sarah Barchas, ASCAP
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1. With my eyes I can see.

I watch things and things watch me.

Something huge or something tiny,

Something shiny, something bright.

Something round

or straight or bending,

Something wiggling in the night.

2. With my ears I can hear.

Sounds are buzzing by my ear.

Something honking, something roaring,

Something rustling as it rings.

Something knocking,

Something hissing,

Something moving as it sings.

3. With my nose I can smell.

Just by scent my nose can tell.

Something baking, something steaming,

something roasting cooks in there.

Something growing,

something blowing,

something fresh that fills the air.

4. With my tongue I can taste

scrumptious foods too good to waste.

Something sweet or something sour.

Something gooey as it drips.

Something salty, something spicy,

something crackling

crunchy chips.

5. With my hands I can touch

something I like very much.

Something rough or smooth or sandy.

Something sticky I can stir.

Something flowing, cool and wet,

or something warm and soft, with fur.

6. My five senses

are a door,

made to open and explore.

Just by watching,

just by listening,

just by wondering as I go,

Just by smelling,

tasting,

feeling,

There's a great big world to know!

Side One - Band 3

ALL ACROSS THIS WIDE WIDE WORLD

words and music by Sarah Barchas, ASCAP
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1. All across this wide wide world
that we live in,
All across this wide wide world.

People are working.

People are eating.

People are playing.

People are sleeping.

All across this wide wide world, as the
earth turns round and round and round.

2. All across this wide wide world
that we live in,
All across this wide wide world.

People are rushing.

People are walking.

People are thinking.

People are talking.

All across this wide wide world, as the
earth turns round and round and round.

3. All across this wide wide world
that we live in,
All across this wide wide world.

People are laughing.

People are crying.

People are wishing.

People are trying.

All across this wide wide world, as the
earth turns round and round and round.

4. All across this wide wide world
that we live in,
All across this wide wide world.

People are reading.

People are writing.

People are joking.

People are fighting.

All across this wide wide world, as the
earth turns round and round and round.

5. All across this wide wide world
that we live in,
All across this wide wide world.

People are dancing.

People are sneezing.

People are kissing.

People are teasing.

All across this wide wide world, as the
earth turns round and round and round.

6. All across this wide world
that we live in,
All across this wide wide world.

People are caring.

People are giving.

People are loving.

People are living.

All across this wide wide world,
as the earth turns
round and round
and round.

Side One - Band 4

OUR BLACK BROTHERS

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1. Crispus Attucks was shot by the British
when our nation began.

He was the first to die for our country
to free every man.

Chorus: For many Black Americans
helped our country to
live and grow.

And many many others of
our black brothers,
Remember and know.

2. Frederick Douglass used his voice
and he used his pen.
He helped slaves to escape to the North
to become free men.

(chorus)

3. Booker T. Washington believed education
is the way to see.
He built a college for black students everywhere
at Tuskegee.

(chorus)

4. George Carver was a scientist
who found the means
To make hundreds of products from peanuts
and potatoes and beans.

(chorus)

5. Harriet Tubman lived 30 years
in slavery.
She helped more than 300 slaves
to escape to be free.

(chorus)

6. Matthew Henson was an Arctic explorer
who reached his goal.
He went with Peary to find and discover
the cold North Pole.

(chorus)

7. Charles Drew was a famous doctor
whom we can thank
Any time we might need some help
from a plasma bank.

(chorus)

8. Jackie Robinson joined the Dodgers
and when he came,
They won the series and he was elected
to the Hall of Fame.

(chorus)

9. Marian Anderson sang with an
opera company.
She had a beautiful voice that comes
once in a century.

(chorus)

10. Milton Olive was a very brave soldier
whose life did end
When he threw himself on a hand grenade
to save his friends.

(chorus)

11. Thurgood Marshall was a Civil Rights lawyer
who took a stand.
He became justice in the highest court of law
in our land.

(chorus)

12. Martin Luther King
was a great leader
who showed the way.
He had a dream,
and he shared the dream
that we can live by today.

Chorus: For many Black Americans
helped our country to
live and grow.
And many many others of
our black brothers,
Remember and know.

(repeat chorus)

Side One - Band 5

LANGUAGES WE SPEAK

words and music by Sarah Barchas, ASCAP
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1. Languages we speak (English)
the moment we're awake.
Languages help us
to communicate.

2. One, two three, four, five,
six, seven, eight, nine, ten.
Now in Spanish,
then in French,
We'll say that twice again.

3. Uno, dos, y tres, (Spanish)
y cuatro, cinco, seis,
siete, ocho,
y nueve y diez.

4. Un et deux et trois, (French)
et quatre, cinq et six,
sept et huit
et neuf et dix.

5. Well, hello to you. (English)
And how are you today?
Now we can see
what our neighbors would say.

6. Buenos días, amigo. (Spanish)
¿Y cómo está usted?
Muy bien, gracias.
Gracias, y usted?

7. Bonjour, mon ami. (French)
Et comment-allez-vous?
Très bien, très bien.
Merci beaucoup.

8. I have a little hat, (English)
and a book to read and see.
It's a good day when I find
I have friends with me.

9. Tengo un sombrero, (Spanish)
y tengo un libro.
Es un día bueno porque
tengo un amigo.

10. J'ai un petit chapeau, (French)
et j'ai un livre, aussi.
C'est un jour très bon
quand je trouve un bon ami.

11. Round the world we go (English)
to find and make new friends.
That's the way this song begins
and that's the way
it ends!
HEY!

Side Two - Band 1

WHAT HAPPENED TO THE DINOSAURS?

words and music by Sarah Barchas, ASCAP
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- Chorus: What happened to the dinosaurs?
What happened to the dinosaurs?
What happened to the dinosaurs?
No one really knows.

1. There used to be a Tyrannosaurus,
with teeth like knives to cut and tear.
And every creature ran away
when any creature saw him there.

(chorus)

2. There used to be a Brontosaurus
who used to weigh nearly 40 tons.
And when he walked, his feet would make
the earth around him
SHIVER and shake!

(chorus)

3. There used to be a Stegosaurus,
with bony plates like cactus pads.
If I could sit on any back,
I wouldn't want to sit
on the back HE had!

(chorus)

4. They used to live and eat and drink.
They used to have huge dinosaur legs.
They used to have some TERRIBLE fights.
They used to lay big dinosaur eggs.

(chorus)

5. They used to roam the earth and sky.
They made their footprints on the stones.
Now all that's left are the prints they made.
And all that's left are some
piles of bones.
(chorus)

Side Two - Band 2

ONCE I HAD TWO LITTLE RABBITS

words and music by Sarah Barchas, ASCAP
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1. Once I had two little rabbits.
Once I had two little rabbits.
Once I had two little rabbits, and
FLUFFY and MUFFY were their names.

Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each little ear went flip, flap, flop,
and away went the rabbits with a
hop, hop, hop!

2. Once I had two little gerbils...and
TIZZY and FIZZY were their names.
Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each little ear went tip, tip, tip,
and away went the gerbils with a
skip, skip, skip!
3. Once I had two little guppies...and
FINNY and MINNY were their names.
Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each little fin went swish, swish, swish,
and away went the guppies like any old fish!
4. Once I had two little kittens...and
TAFFY and DAFFY were their names.
Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each little paw went scratch, scratch, scratch,
and away went the kittens for a
mouse they could catch!
5. Once I had two little caterpillars...and
TEENY and WEENY were their names.
Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each made cocoons. I didn't know why
until each popped out as a butterfly!
6. Once I had two little chickens...and
DUSTY and RUSTY were their names.
Each little mouth went peeping, peeping, peeping.
Each little eye went seeking, seeking, seeking.
Each little chicken stretched its neck, and
away went the chickens with a peck, peck, peck.
7. Once I had two little ducklings...and
TIPSY and DIPSY were their names.
Each little mouth went nibble, nibble, nibble.
Each little head went wiggle, wiggle, wiggle.
Each little tail went dip, flash, flash, and
away went the ducklings with a splash, splash, splash!
8. Once I had two little monkeys...and
MULA and SULA were their names.
Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each found bananas they could bring, and
away went the monkeys with a swing, swing, swing!
9. Once I had two little donkeys...and
TUTTI and FRUTI were their names.
Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each gave a kick, and each gave a bray, and
my two little donkeys went trotting away!

10. Once I had two little ponies...and
SALTY and PEPPER were their names.
Each little mouth went nibble, nibble, nibble.
Each little nose went wiggle, wiggle, wiggle.
Each gave a whinny and each gave a neigh, and
my two little ponies went galloping away.
Galloping away.
Galloping, galloping away! HEY!

Side Two - Band 3

WALKING IN THE WOODS

words and music by Sarah Barchas, ASCAP
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1. I was walking, walking, walking
in the woods, woods, woods.
And I saw a running deer,
and I saw a shaggy bear.
And I watched a bouncy lizard,
and a bluejay song was there
when I was out a'walking in the woods.
I was walking in the woods.
2. I was riding, riding, riding
in a car, car, car.
And I saw the flashing lights
and I read the traffic signs.
And I heard the horns a'scolding,
and I watched the weaving lines
when I was out a'riding in a car.
I was riding in a car.
I was walking in the woods.
3. I was wading, wading, wading
in a stream, stream, stream.
And I saw a little frog
with two holes that make a nose.
And I felt some wiggling tadpoles
that were nipping at my toes
when I was out a'wading in a stream.
I was wading in a stream.
I was riding in a car.
I was walking in the woods.
4. I was swimming, swimming, swimming
in a pool, pool, pool.
And I felt the splashing ripples
as I moved my arms around.
And I kicked a private ocean
as I rushed to meet the ground
when I was out a'swimming in the pool.
I was swimming in the pool.
I was wading in a stream.
I was riding in a car.
I was walking in the woods.
5. I was sitting, sitting, sitting
on the grass, grass, grass.

And I felt a little ant
climb the mountain of my hand.
And I saw a little beetle
dig a home inside the sand
when I was out a'sitting on the grass.

I was sitting on the grass.
I was swimming in the pool.
I was wading in a stream.
I was riding in a car.
I was walking in the woods.

6. I was digging, digging, digging
in the ground, ground, ground.
And I smelled the crumbling soil,
and I pulled a hundred weeds.
And I dug and hoed and shoveled,
and I counted out the seeds
when I was out a'digging in the ground.

I was digging in the ground.
I was sitting on the grass.
I was swimming in the pool.
I was wading in a stream.
I was riding in a car.
I was walking in the woods.

7. I was running, running, running
on the sand, sand, sand.
And I heard the waves rush in,
and I watched the waves sweep out.
And I heard the sea gulls calling,
and I answered with a shout
when I was out a'running on the sand.

I was running on the sand.
I was digging in the ground.
I was sitting on the grass.
I was swimming in the pool.
I was wading in a stream.
I was riding in a car.
I was walking in the woods.

Side Two - Band 4

RATTLE RATTLE RATTLE and a SHAKE SHAKE SHAKE

words and music by Sarah Barchas, ASCAP
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1. If you go for a picnic
or you go for a hike,
Or you go out in the mountains
for anything you like,

WATCH OUT FOR...

Rattle rattle rattle and a
Shake shake shake,
for that rattle rattle might just be
a rattle rattlesnake!

2. There is fun in the desert.
You can hike, explore, and talk.
But watch out where you are stepping
in the desert when you walk.
WATCH OUT FOR...

Rattle rattle rattle and a
Shake shake shake,
for that rattle rattle might just be
a rattle rattlesnake!

3. It has diamonds on its back
and rattles on its tail.
It might hide or rest behind a rock
or pass along the trail.

WATCH OUT FOR...

Rattle rattle rattle and a
Shake shake shake,
for that rattle rattle might just be
a rattle rattlesnake!

4. Although king snakes and bull snakes
are friendly snakes to see,
And garter snakes and racer snakes
would not hurt you or me,

WATCH OUT FOR...

Rattle rattle rattle and a
Shake shake shake,
for that rattle rattle might just be
a rattle rattlesnake!

WATCH OUT!

Hssssssssssssssssss!

Side Two - Band 5

WHEN A BIG FAT HIPPOPOTAMUS IS YAWNING

words and music by Sarah Barchas, ASCAP
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1. When a big fat hippopotamus is YAWNING, yawning,
It looks as if he's in a dentist's chair.
When a big fat hippopotamus is YAWNING, yawning,
I feel like yawning too.

2. When a great big tall giraffe is REACHING, reaching,
It looks as if he's stretching to the sun.
When a great big tall giraffe is REACHING, reaching,
I feel like reaching too.

3. When a fancy feathered peacock is STRUTTING, strutting,
It looks like a rainbow on the land.
When a fancy feathered peacock is STRUTTING, strutting,
I feel like strutting too.

4. When a funny little monkey is SWINGING, swinging,
It looks as if he's dancing with the trees.
When a funny little monkey is SWINGING, swinging,
I feel like swinging too.

5. When a roly poly panda bear is CLIMBING, climbing,
It looks as if he's sliding up the branch.
When a roly poly panda bear is CLIMBING, climbing,
I feel like climbing too.

6. When a happy swimming seal is SPLASHING, splashing,
It looks as if he's bouncing on the waves.
When a happy swimming seal is SPLASHING, splashing,
I feel like splashing too.
7. When a tall and hump-backed camel goes STRIDING, striding,
It looks as if two hills are floating by.
When a tall and hump-backed camel goes STRIDING, striding,
I feel like striding too.
8. When a graceful proud flamingo is PREENING, preening,
It looks as if pink lace is twirling round.
When a graceful proud flamingo is PREENING, preening,
I feel like preening too.
9. When an elegant flowing swan is GLIDING, gliding,
It seems like a whisper on the pond.
When an elegant flowing swan is GLIDING, gliding,
I feel like gliding too.
10. When a dark mysterious nightingale is SINGING, singing,
It sounds like the sprinklings of a dream.
When a dark mysterious nightingale is SINGING, singing,
I feel like singing too.
11. When a speedy racing antelope is LEAPING, leaping,
It looks like a splash of flashing white.
When a speedy racing antelope is LEAPING, leaping,
I feel like leaping too.
12. When a restless pacing mountain lion is ROARING, roaring,
It looks as if he's calling to the sky.
When a restless pacing mountain lion is ROARING, roaring,
I feel like roaring too.
- Coda: When I go out to the zoo and I see
YAWNING, yawning,
REACHING, reaching,
STRUTTING, strutting,
SWINGING, swinging
CLIMBING, climbing,
SPLASHING, splashing,
STRIDING, striding,
PREENING, preening,
GLIDING, gliding,
SINGING, singing,
LEAPING, leaping,
ROARING, roaring,
I feel like doing that too!

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