

If You Can Be Anything

By Jacquie Chandler

C F
If you can be anything...Be Kind
C F
Leave a little Gratitude Behind
Em G
Prioritize your Peace of Mind
F C
If You can be anything... Be Kind

C F
If you can go anywhere... Go within
C F
Anchor to the grace where you...begin
Em G
Be the tide that moves the wind
F C
If you go anywhere...go within

Musical Bridge 4- bars F G F G
C F
If you can be anywhere...Be here
C F
Free from all judgment and fear
Em G
Bring it like a bottle of cheer
F C
If you can be anywhere...be here

C F
If you can take anything...take less
C F
Grateful for all that you possess
Em G
Grounded with Mother Earth in Zest
F C
If you can take anything...take less

Musical Bridge 4- bars F G F G

C F
If you can choose anyone, choose well
C F
Find the heart that rings... your bell
Em G
A journey you're excited to tell
F C
If you can choose anyone ...choose well

C F
If You can give anything...give more
C F
Leave the world better than before
Em G
Let your courage open up new doors
F C
If you can give anything...give more

C F
If You can be anything...
C F
If you go anywhere...
C F
If you can choose anyone...

F C F C
If you can give anything...give more

If you can give anything...give more

What do you see?



Is Nature Resilient? Are you?

8 Markers

Adoption
Perseverance
Problem Solving
Communication
Conflict
Resolution
Cognition
Self-Regulation
Self-Advocacy

9 Essential Skills

Composure
Patience
Optimism
Gratitude
Acceptance
Kindness
Sense of Purpose
Forgiveness
Connection



THE NATURE IN ME by Jacquie Chandler
sing-a-long song (with guitar)

E
Like the air I breathe
E
Like wind I blow
E
Like water I nourish
B7
Like a river I flow
E A
I can burn like fire when out of con-*trol*
E B7 E
and spin like *e-a-r-t-h*...when I rock-n-roll

A E
The Forces of Nature are the Forces in me
A E
That's where I find my Harmony.
A E
Wind on the water helps me see
B7 E
The Forces of Nature... are my currency

E
Like a stem I bend
E
Like a seed I grow
E
Like a flower I bloom
B7
Like a Rooster I crow
E A
I chill like a Blizzard in frozen sn..ow
E B7 E
and break like a *w-a-v-e*. when I rock-n-roll

A E
The Balance in Nature is Balance in me
A E
That's where I find my Harmony.
A E
Songs in the water help me see
B7 E
My Balanced Nature... is my currency

E
Like the Bear I forage
E
Like the Bee I sting
E
Like a Wolf I howl
B7
When I hear you sing
E A
Like a cloud I cover ...and blow *aw-ay*
E B7 E
Like the Sun I *b-r-i-g-h-t-e-n* even the darkest day

A E
The Caring of Nature is the Caring in me
A E
That's where I find my Harmony.
A E
Sun on the flowers helps me see
B7 E
My Caring Nature...is my currency.
A E
Sun on flowers helps me see
B7 E
My Caring Nature...is my currency.
B7 E
My Caring Nature...is my currency