

Lullabies of well-being

for children
parents & teachers



Francine Jarry



Your musical connection to well-being

Francine Jarry

uplifting songs of well-being for everyone everywhere

A new and unique approach to well-being...just as children can learn their ABC's to a simple melody, Francine's songs can help anyone learn and remember positive, uplifting and empowering concepts of well-being in easy-to-remember words & music promoting self-appreciation and self esteem.

"Francine's songs encourage children & adults to adopt positive habits, make good choices and reach for the stars while promoting feelings of joy and power. When we sing the words, we become aware that we can achieve anything and dare to dream big". Bobbie Kalman, author & publisher ~ Crabtree Publishing, crabtreebooks.com

What people are saying...

"I just wanted to share the powerful effects your "I can do it" song is having on my special-ed students in the East Bay in California. Your incredible song has given them the confidence to persevere. Thank you!!

"Why is it that your work is so utterly relevant to what the world needs that anytime I write something, your music becomes an essential reference?" Burt Danet, PhD, A Better Community For All (ABC4All~California)

"Your combination of uplifting words and 'musical moods' is just what we need right now on the planet."

"What's really great is that I listen to them in my minivan so that my children remember the words & the music."

"My 4-year old enjoys them too! It makes me feel good to share these wonderful songs with him."

The Rainbow Music Company

www.rainbowmusic.ca — francinejarry.ca

Montreal — Canada

'all ages'

Lullabies of well-being...

The songs...

1. Life is supposed to be fun
2. A new adventure
3. Follow the rainbow
4. Lullabies of well-being
5. It's a magical world
6. Every little cell
7. Fun fun fun
8. Me me me
9. It's up to me (if I want to be happy)
10. Bye bye fear — Hello love
11. You can never go too slow
12. I'm so happy & my life is so simple
13. Everything is temporary
14. Imagine it — pretend it — feel it!
15. Hitch your wagon to a star
16. The children are the guardians of the world
17. Our family connection
18. Are you as happy as your dog?
19. I can do it! (Joy Joy Joy) short version
20. Keep your cork afloat
21. The world is my playground
22. Children of the rainbow
23. Baby mine
24. Friends
25. The eager little children
26. Sparkle sparkle shining star
27. I'm a shining light
28. Sleep sleep sleep
29. Maya theme ~ Children of the Sun

All songs written, recorded, produced & performed by Francine Jarry
Percussion, guitar & bass on 2 & 19 by Marla Caplan
Lead guitar on #18 Davis Joachim
#9 & 29 produced by Peter Mika
#2, 11 & 18 produced by Eli Krantzberg

Steamings & downloads on Spotify ~ Amazon ~ Apple/iTunes etc.
broadjam.com/francinejarry ~ francinejarry.ca ~ rainbowmusic.ca

LIFE IS SUPPOSED TO BE FUN!



Life is supposed to be fun
Life is supposed to feel good now
Don't live it all on the run
Life is supposed to be fun

Life is supposed to feel good
Life is supposed to bring you joy
Freedom to choose what you would
Life is supposed to feel good

“Finally some time to myself”

A New Adventure

Go where you want to go
Do what you want to do
Be who you want to be
In freedom and joy

<><><><><>

Go where you want to go
Do what you want to do
Be who you want to be
In freedom and joy (x2)

<><><><><>

Every day a new adventure
Every day a new beginning
As I reach out and discover
The magic in the joy of living

<><><><><>

Every day a new adventure
Every day a new beginning
Every day a new adventure
Every day a new beginning

<><><><><>



I CAN DO IT

I can do it ~ I can do it ~ I can do it

JOY JOY JOY It's all there for me

JOY JOY JOY Joy is the key

JOY JOY JOY It's all there for me

JOY JOY JOY Joy is the key

Joy is the key

Joy is the key

Joy is the key

I CAN DO IT!

THANK YOU!

Thank you for this beautiful day

May I live it to the fullest

In every way

With love in my heart

And peace of mind

Doing my part

For all humankind

JOY! JOY! JOY!



FOLLOW THE RAINBOW

Follow the rainbow
Follow your passion
Follow your heart

Follow the rainbow
Follow the rainbow
Follow the rainbow
And it will follow you

Verse 1

There is treasure everywhere
Simple pleasure everywhere
In the air that I breathe
And the way that I feel
There is treasure everywhere



When you follow the rainbow
Follow the rainbow
Follow the rainbow
And it will follow you

Verse 2

There is treasure everywhere
Simple pleasure everywhere
And the warmth of your smile
Makes my whole day worthwhile
There is treasure everywhere



When you follow the rainbow
Follow the rainbow
Follow the rainbow
And it will follow you
And it will follow you



Lullabies of well-being

YOU'RE IN CHARGE / FRÈRE JACQUES

Are you feeling, are you feeling
Good or bad, good or bad
When you pay attention
To your emotion
You're in charge, you're in charge

I CAN DO ANYTHING!

I can do anything, anything, anything
I can do anything I want to
I can do anything, anything, anything
I can to anything at all
I can choose anything, anything, anything
I can choose anything I want to
I can choose anything, anything, anything
I can choose anything at all... and

FEEL GOOD NOW (3 BLIND MICE)

Feel good now, feel good now
Joy is the key, joy is the key
Mind my own business and carry on
Be good to myself and have some fun
And feel good now, feel good now

AM I LIVING LIGHTLY? (AU CLAIR DE LA LUNE)

Am I living lightly, **am I in the flow?**
Am I shining brightly, **knowing what I know?**
All I ever wanted is lined **up at my door**
And when I believe it, it's mine for ever more

BELIEVE IT AND YOU WILL SEE IT!

Believe it and you will see it
You'll see it when you believe it
Believe it and you will see it
You'll see it when you believe it? and

LOOK FOR THE GOOD!

Look for the good
In everything you see
Look for the good
In everyone you meet
Look for the good
And that's what you will find
Look for the good
It's been there all the time(x2)

LIVE MY LIFE TO THE FULLEST

I want to **feel** good
I want to **be** well
I want to live my life
To the fullest, to the fullest (x2)
I want to set my tone
And keep my thoughts up high
I want to live my life
To the fullest, to the fullest
I want to **feel** good
I want to **be** well
I want to live my life
To the fullest, to the fullest

Look for the good - In everything I see - Look for the good - In everyone I meet - Look for the good
And that's what I will find - Look for the good - It's been there all the time - It's been there all the time
It's been there all the time...

It's a magical world

Verse 1

It's a magical world out there
It's a magical world
It's a magical world we share
There is magic everywhere

Verse 2

It's a beautiful world out there
It's a beautiful world
It's a beautiful world when we care
There is beauty everywhere

Bridge

With a little love and good intentions
Blessings from above
Will come in your direction

Verse 3

It's a wonderful world out there
It's a wonderful world
It's a wonderful world when we care
There is wonder everywhere

Bridge

Give it lots of love and good intentions
Blessings from above
Will come in your direction

Verse 3

It's a magical world out there
It's a magical world
It's a magical world we share
There is magic everywhere
There is beauty everywhere

There is wonder everywhere!



Every little cell

A brown teddy bear is the central figure of the image. It has a light brown bandage with a cross pattern on its forehead. A pink thermometer is placed in its mouth. The bear is sitting on a white surface against a light blue background.

Verse 1

Every little cell
In my body knows
What to do and how life flows
Every little cell is smart you see
They know I am mostly energy

Verse 2

And when something
in my body hurts
I know my cells can do the work
To help me get rid of the pain
To help me get better again

Chorus

So I can feel good, be well
Have fun, go out and play
I want to feel good, be well
Have fun everyday

Verse 3

Every little cell is energy that flows
From the top of my head down to my toes
All I have to do is remember to
Think good thoughts and get out of the way

Chorus

So I can feel good, be well - Have fun, go out and play
I want to feel good, be well - Have fun everyday

FUN FUN FUN

I wanna have fun fun fun
I wanna have fun fun fun
I want to play*just want to play
I want to fun fun fun
And play my life away

I wanna do do do
I wanna do do do
Do what I love
Do what I love
I wanna do do do
Do it my own way

I wanna be be be
I wanna be be be
I wanna be me*I wanna be me
I wanna be be be
Who I meant to be
From my non-physical perspective

I wanna feel good now
I wanna feel good now
I wanna laugh*I wanna sing
I wanna be kind to all living things
I wanna feel good now
That's what I care about

Fun fun fun
I wanna have fun fun fun
I wanna play*I just wanna play
I wanna have fun fun fun
And play my life away
And play with you all day

Me Me Me

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me ~ me me me

I love myself ~ I love myself

Exactly as I am

I love myself ~ I love myself

I'm doing the best I can

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me ~ me me me

I love myself ~ I love myself

Exactly as I am

I love myself ~ I love myself

I'm doing the best I can

2-4-6-8 ~ 2-4-6-8

Who do I appreciate?

Me me me ~ me me me

Me me ~ me me

Me me me me

Me me me me

me me me me

Me me me

Yes me!

"I love and appreciate myself exactly as I am"



'it's up to me'

(if I want to be happy)

Verse 1

It's up to me if I want to be happy
It's up to me, it's up to me
To live my life and to do what I want to
It's up to me, it's up to me

Verse 2

It's up to me if I want to be healthy
It's up to me, it's up to me
To live my life and to be what I want to
It's up to me, it's up to me
It's up to me, it's up to me

Bridge

I can be kind, I can be loving
Can make up my mind to be forgiving
I can be happy, I can be healthy
I can have it all
It's up to me to want to be
All that I can be

Verse 3

It's up to me if I want to be happy
It's up to me, it's up to me
To live my life and to do what I want to
It's up to me, it's up to me
It's up to me, it's up to me
It's up to me, it's up to me

Bridge

I can be happy, I can be healthy
I can have it all
It's up to me to want to be
All that I can be

Verse 4

It's up to me if I want to be happy
It's up to me, it's up to me
It's up to me, it's up to me
It's up to me, it's up to me

Life is supposed to be fun!



BYE BYE FEAR ~ HELLO LOVE



Verse I
A fear is just a fear until
You make it into your problem
So bang it on the head
Boot it in the rear
Send it on its way and
Get rid of fear today

Verse II
Fear can't exist until
You make it into your problem
So fill your heart with love
And fear will melt away
Fill your life with joy
And change fear to love today
And love, love, love, love!

Part II
Love is energy, beautiful energy
Energy, pure positive energy

Energy flows...
Where attention goes (x3)
So focus on what you want
And that's what you'll get!

Love is energy! Positive energy
Energy! Beautiful energy...

Energy flows...
Where attention goes (3)
And worrying...is praying...for what?
What you don't want!

Love is Energy! Beautiful energy
Energy! Pure positive energy

So fill your heart with love
And fear will melt away
Fill your life with joy
And change fear to love today



You can never go too slow

You can never go - too slow
You must never be in a hurry
You can never go - too slow
Life's not meant to be - a worry

Bridge 1

It's time to look at the other side
The way life was meant to be
It's time to take a good look inside
It's easy and it's free

You can never go - too slow
Life's not meant to be - a struggle
Like a river you - can flow
Say goodbye to all - your trouble

You can never go - too slow
You know that life is meant
To be that way (x2)
That's the way that life is meant to be

I'm so happy and my life is so simple

I'm so happy and my life is so simple
I'm so happy and my life is so good

Take the alphabet and make up happy words
And the joy they bring soon can be yours
When you say these words to yourself each day
You feel so much better and you want to say

I'm so happy and my life is so simple
I'm so happy and my life is so good

You can say these words no matter how you feel
And the joy they bring soon can be real
When this little song keeps coming back to you
Keep it in your head and say/sing it to yourself

Most important
of all is
"feeling good"

Think thoughts
that feel good
**APPRECIATE
YOURSELF!**



Everything is temporary

*Nothing's more important than
Feeling good, feeling good*

*Nothing's more important than
Feeling good now!*

When you're feeling bad, when you're feeling sad
Remember that it's temporary soon you will be glad

That you decided to... take another view
Remember that it's temporary now you know what to do

When every now and then, you feel a little pain
Remember that it's temporary, there it went again

There it went again, there it went again
Everything is temporary, there it went again

So the next time you feel bad, the next time you feel sad
Remember that it's temporary soon you'll be glad you had

This opportunity to give you clarity... *by now
you will have understood...that first you must feel good...*

Nothing's more important than feeling good, feeling good
Nothing's more important than feeling good now!





Imagine it*pretend it*feel it

Imagine it, pretend it, feel it
Imagine it, pretend it, feel it

Whatever you want
Whatever you dream
Whatever your wish
It's easier than it seems

When you fantasize reality
You realize your fantasy
Imagine it, pretend it, feel it!

Images of fantasy
take you where
you want to be

Hitch
YOUR
WAGON



to
a
STAR

Chorus

Hitch.. your wagon to a star
Be...aware of who you are
Love...yourself and you'll go far
Hitch...your wagon to a star

Verse

Be your own true self
And not anyone else
That's the best that you can be
You be you and I be me

Ralph Waldo Emerson

I love & appreciate myself
exactly as I am

The Children Are The Guardians Of The World

'Los Niños Son Los Dueños de la Tierra'

The children are the future of the planet
The children are the teachers
The children are the ones who know the secrets
They are the ones - who will lead the way

Chorus

The children are the keepers of the earth
The children know the wonders of the world
They've always been the ones who know the way
The children are the guardians of the world

Narration (Français)

*Les enfants sont l'avenir sur terre
Les enfants nous montrent le chemin
Les enfants sont l'espoir, la lumière
Les enfants sont la voix de demain*

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Paraguayan harp: Robin Grenon
English lyrics: Jeane Denny
Photo: Jim Zuckerman

We do not inherit the earth from our ancestors
We borrow it from our children
Native American Proverb

(Español)
Los niños son
La voz de nuestra tierra
Los niños son su canto
Los niños son
La voz de la esperanza
Nos enseñan
Amor, paz y libertad

Chorus
Los niños son
Los dueños de la tierra
Los niños ven
Todas sus maravillas
Los niños son - amor e inocencia
Los niños son - los dueños de la tierra

Chorus

Narration (Français)

[illegible]

Photo: Jim Zuckerman

(Español)

Los niños son
La voz de nuestra tierra
Los niños son su canto
Los niños son
La voz de la esperanza
Nos enseñan
Amor, paz y libertad

Chorus

Los niños son
Los dueños de la tierra
Los niños ven
Todas sus maravillas
Los niños son - amor e inocencia
Los niños son - los dueños de la tierra

We do not inherit the earth from our ancestors

We borrow it from our children

Native American Proverb



OUR FAMILY CONNECTION

Lyrics: Jeane Denny—Lead guitar: Steve Parton

Tread softly on the earth As the native children do
Tread softly on the earth For the earth loves you
Tread softly on the earth And you will feel
Our family connection

Tread softly on the earth
As the little critters do
Tread softly on the earth
For she loves them too
Tread softly on the earth
And you will feel
Our family connection

CHORUS
Sing softly to the Earth
For she will hear
Sing softly to the Earth
While you are here
Sing softly to the earth
And you will hear
Our family connection

Are you as happy as your dog?

Are you as happy as your dog?
Are you as happy as you'd like to be?
If you keep thinking what you always thought
You keep getting what you always got
If what you have's not what you're looking for
And deep inside you know there's got to be more

Are you as happy as your cat?
Are you as happy as you'd like to be?
Well if you stop thinking what you always thought
You'll stop getting what you always got
And soon you'll have what you've been looking for
And realize that there was so much more

And you will be as happy as your dog or your cat
Yes you! will be as happy as you'd like to be
Right now! Right now! Right now! Right now!

When God had made the earth & the sky
The flowers and the trees
He then made all the animals
And all the birds & the bees
And when his work was finished
Not one was quite the same
He said "I'll walk this earth of mine
And give each one a name"
And so he traveled land and sea
And everywhere he went
A little creature followed Him
Until his strength was spent
And when all were named
Upon the earth
And the sky and sea
The little creature said "Dear Lord
There's not one left for me"
The Father smiled and gently said
"I've left you till the end
I've turned my own name back to front
And called you 'DOG' my friend"

Poem: Author unknown

Song title: Alan Cohen

KEEP YOUR CORK AFLOAT

keep your cork afloat
nothing's what it seems

merrily ~ happily
joyfully ~ thankfully

life is but a dream



The world is my playground

Verse 1

The world is my playground
Under the sun
The world is my playground
I came to have fun
For the adventures
I live everyday
As I dream and discover
How to find my own way

Verse 2

The world is my playground
Under the sun
I chose to be here
I came for the fun
Some say I must struggle
And work very hard
And someday for my trouble
I'll get my reward

Verse 3

But I know when I'm happy
That's when I allow
Good things to come to me
And somewhere somehow
I know deep inside me
Here in my heart
All I need is to feel good
I've known from the start

Melody...Rock-a-Bye Baby

Verse 4

The world is my playground
Under the sun
I chose to be here
I came for the fun
For the adventures
I live everyday
And for all of the treasures
That keep coming my way

photo: Elan Sun Star / Hawaii



Children of the Rainbow

A person is seen from behind, standing with their arms outstretched. They have large, colorful, feathered wings that match the rainbow background. The background is a vibrant, multi-colored rainbow with a bright light source in the center, creating a glowing effect. The overall mood is hopeful and inspirational.

Verse 1

Children of the rainbow
Children of the light
Children of the rainbow
Spread your wings and start to fly
Spread your wings and start to fly

Verse 2

To where your dreams can take you now
Where your dreams come true
Children of the rainbow
Spread your wings and start to fly
Spread your wings and start to fly

Bridge

Your heart is there to guide you
As you go on your way
With angels there beside you
You start a brand new day

Verse 3

Children of the rainbow
Children of the light
Children of the rainbow
Spread your wings and start to fly
Spread your wings and start to fly
Spread your wings and start to fly

BABY MINE

Be my little baby
Baby mine
Be my little honey
Valentine
Be my little baby
All the time

When you're fast asleep
Or when we're walking
Down the street
I love you as you are
My precious little star*

How you shine
Baby mine
I love you
Yes! I do



Friends

A young child with light hair, wearing a grey t-shirt and khaki pants, is walking barefoot on a dirt path. A tabby cat is walking alongside the child. The scene is backlit by a bright sun, creating a warm, golden glow and long shadows. The background is a soft-focus field of dry grass.

Every cloud has a silver lining
Every rainbow is there for you
Laugh out loud
And the sun comes shining
And I'm always here for you

Chorus

Friends, friends, friends
Forever we've been friends
Friends, friends, friends, friends
And always we'll be friends

And if the day
Seems to be dark and cloudy
And you're feeling all alone
Think of me...
And how much I love you
You're never really on your own

The Law of Love could be best understood and learned through little children.

Mahatma Gandhi

The eager little children
Don't always want to listen
And though they're only children
They can teach us all a lesson

So watch them very closely
And look into their eyes
Though they are little children
They can be very wise

The eager little children



SPARKLE SPARKLE SHINING STAR

Sparkle sparkle shining star
Love yourself just as you are
Ever changing, never done
Feeling good & having fun

Sparkle sparkle shining star
Love yourself just as you are



I'm a Shining Light

A woman with long dark hair, wearing a red long-sleeved dress, is sitting in a meditative pose on a large, vibrant pink lotus flower. A bright, glowing light emanates from her forehead, radiating upwards. The background is a lush, green landscape with rolling hills and a small building in the distance. The overall scene is peaceful and spiritual.

I'm a shining light,
I'm a good girl
I'm a shining light
When I know who I am
I'm a shining light
I'm an angel
I'm a shining light
When I feel good

And I feel good, I feel good
I feel good, when I be me

I'm a shining light
I'm a happy girl,
I'm a shining light
When I know who I am
I'm a shining light
I'm a blessing
I'm a shining light
When I feel good

And I feel good, I feel good
I feel good, when I be me

I'm a shining light, I'm a gift of God — I'm a shining light, when I feel good
And I feel good, I feel good — I feel good, when I be me

'The richest freedom is the power to choose inner peace'

Alan Cohen ~ author & teacher



Sleep Sleep Sleep

Sleep sleep sleep

Go to sleep

Sweet dreams my baby

Go to sleep

Duerme

Duerme

Mi angelito

Duerme

mmm - mmm - mmm

mmm - mmm - mmm

Mon petit ange

Fais dodo...

Sleep now my baby

Go to sleep

Maya theme – Children of the Sun



Awaken to the memory
Of the wisdom of the rhythm of the Moon
We can live in peace and harmony
With the wisdom of rhythm of the Moon

We are children of the Sun
And we walk here upon the Earth
To the rhythm of the Moon
To the rhythm of the Moon

We are children of the Sun
And we live here upon this land
Remember we are one
Remember we are one

Theme from "The Story of Time ~ Turtle & Tree" on
Spotify, Apple/iTunes etc. www.thestoryoftime.com