

Songs for Guiding **G.R.E.E.N.** Thoughts™

NOTES

Songs for Guiding **G.R.E.E.N. Thoughts™** were written by singer-songwriter and speech-language pathologist, Herb Hein, to guide and inspire participants of **Growing **G.R.E.E.N.** InterActions™**, a social literacy program that he developed.



The **Growing **G.R.E.E.N.** InterActions™** program is an effective way for individuals to make life better for themselves and the people in their lives. These other people may be on various TEAMS such as a Home, School, Friendship, Sports, or Work TEAM. The program guides participants in choosing the best words and actions, so that they can be thought of as **Grateful**, **Respectful**, **Empathetic**, **Easygoing** and **Navigating (**G.R.E.E.N.**)**. The program includes **Guiding **G.R.E.E.N.** Thoughts™**, brain-shaped affirmations that one can think about when considering the best choices for ensuring that **Personal Goals** and **Common TEAM Goals** can be met. **Songs for Guiding **G.R.E.E.N.** Thoughts™** teaches some of the program's main concepts and provides inspiring lyrics and musical energy that can move participants to grow in positive ways.



KEEP THE CIVIL IN CIVILIZATION

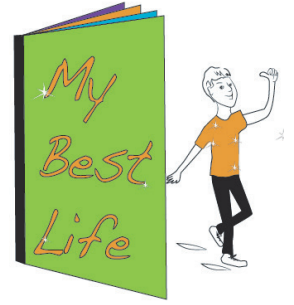
The first song follows the first lesson in the program, which warns us to not let the Dark Ages of ignorance and illiteracy come back. Instead, it calls on us to *use our education to improve our relations* so that we can *move **forward**, not **backwards***. When we have learned to do our part by acting **thoughtful**, **helpful**, **kind**, and **civil**, we are then able to help our **civilization** become a safe place where we can work together to meet our **Common TEAM Goals**.



WAKE UP



This song encourages **positive** actions that become the steps **forward** to becoming the **best character** in your own **best-life** story! Wake up—pick up the attitude and **power**—by taking steps toward your **best life** by developing and working to achieve your own **Personal Goals**! Let the image and feeling of your **potential best life** surround you as you go on your way. And David Jackson's dynamic saxophone playing helps wake you up!



You'll be glad you moved beyond your bed!



GUIDING G.R.E.E.N. THOUGHT SONG



This song informs you that **Guiding G.R.E.E.N. Thoughts™** can give you **power**. The lyrics explain clearly what every word in the **G.R.E.E.N.** acronym means:

*I can be **grateful** for what I've got, yeah!*

*I can be **grateful**, whether it's a little or a lot.*

*I can be **respectful** with the words I say.*

*Choosing the way to treat you right
gives us a good foundation.*

*I can be **empathetic** and care to know how you're feeling.*

*I can be **empathetic** to help you on your way!*

I can be easy to get along with.

*I can be **easygoing** so we can meet our **goals**.*

*Yes, I can be easy to get along with,
sharing and taking turns are things that I can do.*

*I can be **navigating** around obstacles.*

Makin' changes in direction helps me movin' forward.





WHAT'S BEST FOR THE TEAM?



This song, sung by Herb and a TEAM of student-singers, reminds us that life is real, so our choices do matter in each and every life scene. Our actions change the scene, and our choices can have both **positive** or **negative** consequences!



BRAKE TO TAKE A **5** BREAK



This **self-calming** song guides the process of taking time to concentrate on one's controlled breathing, slowly inhaling and exhaling five times. It also reviews the steps of using the **G.R.E.E.N. InterAction™** process effectively, including **surveying the scene**, determining who else is on the TEAM and the **Common TEAM Goals**, reaching for a **Guiding G.R.E.E.N. Thought™**, making a **powerful transformation**, and taking **action!**



The beautiful blending of piano and string instruments makes it easy for one to become calm. Once you feel calmer, you will be able to reach for the **Guiding G.R.E.E.N. Thoughts™** that will allow you to successfully take **positive** action to **navigate** through any scene.



DON'T LISTEN TO THE MOON



This song was written when I was working with a very resistant student. As this young man's speech-language pathologist, I wanted him to partner with me so that he would be able to take steps toward his own improvement. Finding him "on his own island," I channeled my difficulty connecting with him into this song. It inspires me, and hopefully it will inspire others, to "take every chance to do what's right" and to avoid

anything that pulls us toward the "darker side." I hope it inspires us all to "stand tall in the light" to keep making the best choices even when it is difficult to do so. I am happy to say that the boy who inspired this song did eventually take some steps to "become connected."



Transformation Song

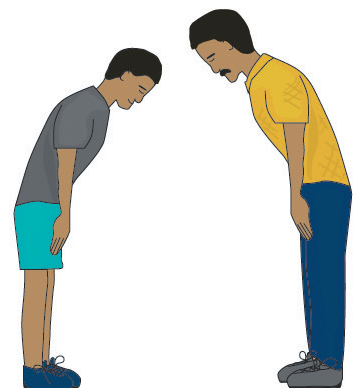
This electrifying song, with a powerful guitar solo, aids listeners in taking the steps of **transformation**. Cues from your own body, or the feedback of others, provide the input you need in order to **put the brakes on** and **flip a switch** so that a **transformation** can be made. **The transformation** starts with **self-calming** and **self-regulation**, followed by the free flow and use of **Guiding G.R.E.E.N. Thoughts™** for **G.R.E.E.N. Thought Liberation!**



I APPRECIATE



This acoustic song helps develop the thought and feeling of being **grateful** for everything you have. It encourages people to be mindful and to appreciate "everyone and everything" that is around them. This song can be played as you fill out an Appreciation Box that includes all the people and things you appreciate. It can be played every time you find it useful to be reminded how **powerful** it can be to feel **grateful**.



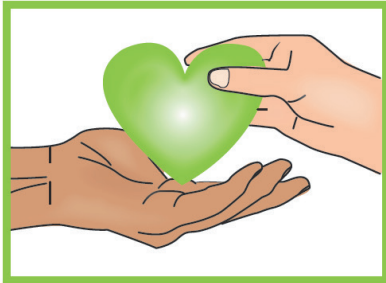
I DON'T IGNORE YOU

The student-singers join Herb in this short, effective song about being **respectful** by answering questions right away. No one should have to be a “mind reader” when asking a question. Play this song to get answers to questions right away!

*"Let me look into my crystal ball . . .
I try really hard,
but I cannot read your mind."*



It's NOT ALL ABOUT ME



This simple song with a rolling beat reminds us to care about one another. It is the program's song to encourage us to be **empathetic**.

*It's not all about me because we're here together.
I try to know how you feel to make things better for you.
It's good to care about you to make things better for you.*

COOPERATION'S IN THE AIR

Herb is again joined by the student-singers in singing about the **power** of getting along with one another. Knowing how to share and cooperate so that things are good for everyone makes it possible to achieve TEAM **goals**. ***It feels so good when cooperation's in the air!***



YOU ARE A FRIEND OF MINE

Growing G.R.E.E.N. InterActions™ includes a section on the importance of having friends. It provides guidance about how to begin friendships and keep them going strong by maintaining friendships with those who continue to treat one another in **positive, helpful** ways. Herb wrote this song about the friendships in his life, and he sings it with his musical partner and friend, Jeff Proctor. Through their friendship, **Jeff** and **Herb** have learned how to find harmony and share it with others.



You are a friend of mine, you help make my life worth living!

Credits

Songs for Guiding G.R.E.E.N. Thoughts™ was produced, recorded, and mixed by a musical genius, Jeff Berkley of Berkley Sound. After Herb performed each song while playing piano, Jeff determined the perfect instrumentation for each recording. Whether a song required bluegrass, strings, horns, a Hammond organ, or licks from his own electric guitar, Jeff envisioned how to make every recording its best. Herb is indebted to Jeff for finding the most talented musicians in San Diego, who added their own skills and creativity to this project.

On select songs, Herb's vocals are energized by a terrific piano, bass, and drum trio: John Foltz, Rick Nash, and Larry Grano.

The Euphoria Brass Band added amazing horns as the backdrop to "Keep the Civil in Civilization."

Herb sang "Wake Up" as David Jackson let loose on his saxophone.

Angela Choong (violin, viola) and Erdis Maxhelaku (cello) shared gorgeous, calming string instrumentation on numerous songs.

Bluegrass master Dennis Caplinger provided magical improvisations on banjo, dobro, and fiddle.

Ben Moore skillfully laid down tracks on an old-school Hammond organ.

Jeff Berkley also provided the best female backing vocalists in Southern California, Eve Selis and Mattie Mills, and they invited several of their talented young voice students to join Herb in singing to encourage listeners to sing along. Through Jeff's tremendous personal connections, Herb was afforded the opportunity to collaborate with these amazing musicians.

Herb was also grateful to have his musical partner, Jeff Proctor, join him for perfect harmony on "You Are A Friend of Mine."

Finally, Herb had the pleasure of working with Grammy Award-winning mastering wizard Gavin Lurssen. In Los Angeles, Gavin and his partners mastered this amazing collaborative work created by Herb Hein, Jeff Berkley, and the aforementioned talented group of musicians and singers. The whole process took more than a year, but we hope you will agree that this musical adventure was worth the time and effort.

1. Keep The Civil In Civilization

Drums & Percussion – Larry Grano
Bass – Rick Nash
Piano – John Foltz
Horns – The Euphoria Brass Band (Trumpet - Steve Ebner, Saxophone – David Jackson, Trombone - April West, Arrangement & Saxophone – Jean-Paul Balmat)
Backing Vocals – Mattie Mills & Eve Selis
Vocal – Herb Hein

2. Wake Up

Drums & Percussion – Larry Grano
Bass – Rick Nash
Electric Guitar – Jeff Berkley
Piano – John Foltz
Saxophone – David Jackson
Backing Vocals – Mattie Mills & Eve Selis
Vocal – Herb Hein

3. Guiding G.R.E.E.N. Thought Song

Drums & Percussion – Larry Grano
Bass – Rick Nash
Electric Guitar – Jeff Berkley
Piano – John Foltz
Hammond Organ – Ben Moore
Backing Vocal – Eve Selis
Vocal – Herb Hein

4. What's Best For The Team?

Drums & Percussion – Larry Grano
Bass – Rick Nash
Piano – John Foltz
Backing Vocals - Lauren Deerinck, Riley Elliott, Amber Durbin, Morgan Mills, & Morgan Thompson
Vocal – Herb Hein

5. Brake To Take A Five Break

Piano – John Foltz
Cello – Erdis Maxhelaku
Vocal – Herb Hein

6. Don't Listen To The Moon

Piano – John Foltz
Cello – Erdis Maxhelaku
Violin & Viola – Angela Choong
Vocal – Herb Hein

7. Transformation Song

Drums & Percussion – Larry Grano
Bass – Rick Nash
Electric Guitar – Jeff Berkley
Piano – John Foltz
Hammond Organ – Ben Moore
Backing Vocals – Mattie Mills & Eve Selis
Vocal – Herb Hein

8. I Appreciate

Acoustic Guitar, Bass & Percussion – Jeff Berkley
Banjo, Dobro & Fiddle – Dennis Caplinger
Backing Vocals – Mattie Mills & Eve Selis
Vocal – Herb Hein

9. I Don't Ignore You

Piano – John Foltz
Backing Vocals – Lauren Deerinck, Riley Elliott, Amber Durbin, Morgan Mills & Morgan Thompson
Vocal – Herb Hein

10. It's Not All About Me

Acoustic Guitar – Jeff Berkley
Dobro – Dennis Caplinger
Backing Vocal – Eve Selis
Vocal – Herb Hein

11. Cooperation's In The Air

Piano – John Foltz
Backing Vocals - Lauren Deerinck, Riley Elliott, Amber Durbin, Morgan Mills, Morgan Thompson
Vocal – Herb Hein

12. You Are A Friend Of Mine

Drums & Percussion – Larry Grano
Bass – Rick Nash
Acoustic Guitar – Jeff Berkley
Piano – John Foltz
Cello – Erdis Maxhelaku
Violin & Viola – Angela Choong
Backing Vocal – Jeff Proctor
Vocal – Herb Hein

All songs written and sung by Herb Hein, MMSc, CCC-SLP

Produced, Recorded & Mixed by Jeff Berkley

Mastered by Gavin Lurssen