



## THE CONFIDENCE CLUB

### The Playground Craze

Music by Tai Rotem. Lyrics by Mark Sipple and Laura Cooney

If you're feeling blue  
Or just a little down  
Don't you worry  
Your friends will be around

You're not alone  
In this whole wide world  
But it's true it can be strange  
Take an honest look at yourself  
And you'll probably be amazed

Both: Cos you're ok  
And it's not bad.  
Let's keep it real  
It's just a minor set back

Just stick with the playground craze  
You got it made  
Now c'mon, c'mon and sing this song  
And we'll all get along.

#### CHORUS

Both: Let's get a bit crazy  
Throw your hands up in the air  
Let's get a bit crazy  
With the Playground Craze

We'll have a big party  
Clap your hands above your head  
We're just getting started  
The Playground Craze

Now you're feeling good  
You'd better shout it out loud  
Maybe someone, could use that now

So Party on and clap your hands  
and stamp your feet  
It's the best way to rock it out  
To this crazy beat

Both: Cos you're ok  
And it's not bad  
The time is now



You don't have to be sad

Now you know what we're all about  
We just want to entertain  
So c'mon, c'mon  
And have some fun  
with the Playground Craze

#### CHORUS

Both: Let's get a bit crazy  
Throw your hands up in the air  
Let's get a bit crazy  
With the Playground Craze

Let's have a big party  
Clap your hands above your head  
We're just getting started  
The Playground Craze



# Have a Go

Music by Ashley Wiedner, Lyrics by Laura Cooney

If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)  
If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)

It's ok to feel nervous or worried or unpopular,  
Just keep it on the down low emotional thermometer.  
Say the things in your head that don't feel stressful  
Like 'I can do it!' and 'I will be successful'

If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)  
If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)

Confidence is cool man  
Build it up at school man.  
Accept myself and party hard  
We rule the school yard.  
Break it down!

If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)  
If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)

I think that somthin's heatin up, can I play with you  
They'll say,  
I don't know what I'm thinking bout, We can play with you  
Go say,  
I think that somthin's heatin up, can I play with you  
They'll say,  
I don't know what I'm thinking bout, We can play with you

First grade babies  
Second grade tots  
Third grade angels  
Fourth grade snots  
Fifth grade peaches  
Sixth grade plums  
Bring the beat back  
Bang it on the drums!

If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)  
If you're brave enough to try new things and have a go say woah! (woah)  
If you're confident enough to take a risk and have a go say woah! (woah)



# HAPPINESS IN A HEARTBEAT

Music and Lyrics by Laura Cooney

## Verse

Just started out, I'm in primary school.  
I don't know what fractions are, or a drive a car, I don't know what's cool.  
But I know that life is way to good to be sad.  
When my mum get's mad and says "No ipad" it's just not that bad.  
I know the secret, let me set the stage.  
You can be wise no matter what your age.

## Pre-chorus

Pack my school bag, it's a school day so  
Got my lunch, got my books, got a smile and I'm ready to go.  
Whatever happens next I already know  
Today is a good day I decided that ages ago.  
Feeling happy, that is all up to me  
While I learn my ABCs, how to read, counting 1, 2, 3  
Friendship and smiles, possibilities

## Chorus

You can change how you feel in a heartbeat to happiness  
(Woah Woh, Woah Woh, Woah Woh-oh-oh-oh)  
You can change how you feel in a heartbeat to happiness  
(Woah Woh, Woah Woh, Woah Woh-oh-oh-oh)  
You can change how you feel in a heartbeat

## Verse

Sometimes kids are mean when we go out to play.  
But I don't pay attention to what the bullies say.  
I figure they just probably had a bad day.  
And they don't yet understand what I'm trying to say.  
I know the secret, let me set the stage.  
You can be wise no matter what your age.

## Pre-Chorus

Pack my school bag, it's a school day so  
Got my lunch, got my books, got a smile and I'm ready to go.  
Whatever happens next I already know  
Today is a good day I decided that ages ago.  
Feeling happy, that is all up to me  
While I learn my ABCs, how to read, counting 1, 2, 3  
Friendship and smiles, possibilities

## Chorus

You can change how you feel in a heartbeat to happiness  
(Woah Woh, Woah Woh, Woah Woh-oh-oh-oh)  
You can change how you feel in a heartbeat to happiness  
(Woah Woh, Woah Woh, Woah Woh-oh-oh-oh)  
You can change how you feel in a heartbeat.



**Bridge (whispered, building)  
(wait)**

I know the secret, let me set the stage.  
Both: You can be wise no matter what your age,  
Finding magic moments in everyday things  
You can choose happiness no matter what the day brings.  
Friendship and smiles, possibilities

You can change how you feel in a heartbeat to happiness  
(Woah Woh, Woah Woh, Woah Woh-oh-oh-oh)  
You can change how you feel in a heartbeat to happiness  
(Woah Woh, Woah Woh, Woah Woh-oh-oh-oh)  
You can change how you feel in a heartbeat

**The Bell's Ringing**

Music & Lyrics by Laura Cooney

oooh ohh  
The bell's ringing oooh ohh  
The bell's ringing oooh ohh  
It's time to celebrate.

Ready? 1, 2, 3 GO!  
Jump up!

Celebrate!

Dance!

Laugh and laugh our way to sit back on our bottoms.

And stop!



## Be The Best You

Music & Lyrics by Cliff Ovenden and Mistie Leigh

I'm kinda tired  
Are you getting much sleep?  
Can't really think straight  
But what do you eat?  
Wish I was stronger  
Are you moving your feet?  
Concentrate longer  
Do we need to repeat?

### Chorus

We know you ain't so silly  
But it don't take much  
To be the best you  
We know that life's so pretty  
And you've had enough  
You could be the best you

Be the best you, be the best you, be the best you  
Woah oh oh, Woah oh oh

There's loads of foods yeah  
That make you feel great  
Then food for sometimes  
Not for everyday  
No time for late nights  
Not great for your brain  
Don't want no lazy  
We want you to play

### Repeat Chorus

We want everybody all around  
To get real proud of all you are and play  
C'mon everybody in the crowd wake up now  
Today's a brand new day

Be the be the be the be the Best you  
Be the be the be the be the Best you

Woah oh oh, Woah oh oh

I wanna be the best me  
I wanna be the best me I can be  
I wanna be the best me  
The best you



# School Yard Super Hero

Lyrics by Laura Cooney

I'm going to tell you a little story about how I went from zero to hero.

## Verse

I was just a shy kid, a fly kid, sitting on the fence  
I didn't know how play along, always doing it wrong, had no confidence  
Waiting on someone to talk to me, hang out with me, have fun with me.  
We learn how to act, while we read and write, bullying was like krypnoite

Suddenly it hit me, like bubblegum flavour  
I'm only in control of my own behaviour  
How I feel inside starts with everything I did.  
And confidence comes from being kind to other kids.  
From that day on, I knew what to do  
Be friendly, be cool, be confident too  
The effect of kindness is undisputed  
When I play I make sure everyone's included.

Now this is a story all about how  
my life got flipped turned upside down  
And I'd like to take a minute, just sit right there,  
I'll tell ya how I play nice and how I play fair.

Now I walk into school and I say 'Hello!'  
High 5 up and down below.  
I changed my ways and now I know  
I'm a School Yard Super Hero

## Chorus

Play nice and play fair  
(I play nice and I play fair)  
Put your hands up in the air  
(Put your hands up, Put your hands up)  
Play nice and play fair  
(I play nice and I play fair)  
Put your hands up in the air  
(Put your hands up, Put your hands up)

## Bridge 4 – Dance Break

I see a kid on their own and I say "Hey!"  
Do you want to come and play with us?  
I keep the noise down in the back of the bus  
I wear my hat every single day,  
cos like the teacher says  
"no hat not play"  
I pick up any litter and I put it in the bin



I say 'Great Game!' if I lose or if I win  
Under a tree, we got it made in the shade  
If someone gets a cut then I'm putting on a bandaid.

Suddenly it hit me, like bubblegum flavour  
I'm only in control of my own behaviour.  
How I felt inside starts with everything I did.  
And confidence comes from being kind to other kids.  
From that day on, I knew what to do  
Be friendly, be cool, be confident too  
The effect of kindness is undisputed  
When I play I make sure everyone's included.

Now this is a story all about how  
my life got flipped turned upside down  
And I'd like to take a minute, just sit right there,  
I learned how to play nice and how to play fair.

Now I walk into school and I say 'Hello!'  
High 5 up and down below.  
I changed my ways and now I know  
I'm a School Yard Super Hero

### **Chorus**

Play nice and play fair  
(I play nice and I play fair)  
Put your hands up in the air  
(Put your hands up, Put your hands up)  
Play nice and play fair  
(I play nice and I play fair)  
Put your hands up in the air  
(Put your hands up, Put your hands up)

Play nice and play fair  
(I play nice and I play fair)  
Put your hands up in the air  
(Put your hands up, Put your hands up)  
Play nice and play fair  
(I play nice and I play fair)  
Put your hands up in the air  
(Put your hands up, Put your hands up)



## Jump Over It

Music by Ashley Wiedner & Lyrics by Laura Cooney

There once was a boy who had had a bad day  
Didn't like all the stuff that the kids in the yard say  
Came last in the race and got dirt on his face  
He thought he might cry, but he wanted to be happy so....

Both: He knew he would have to...  
Jump, jump, jump over it  
Jump, jump, jump over it  
Jump, jump, jump over it  
Let it go, let it go, let it go girl!  
Jump, jump, jump over it  
Jump, jump, jump over it  
Jump, jump, jump over it  
Let, let it go  
Superhero pose

Disappointment is a thing that can happen any day  
You miss out on some fun or you don't get your own way  
Cos Life's like that, it's up and it's down  
Put the smile on your face, turn your frown upside down

You know that you need to...  
Jump, jump, jump over it  
Jump, jump, jump over it  
Jump, jump, jump over it  
Let it go, let it go, let it go now!  
Jump, jump, jump over it  
Jump, jump, jump over it  
Jump, jump, jump over it  
Let, let it go  
Superhero pose

If you can't let it go, you can talk to a friend  
To remind everything will be alright in the end.  
Cos Life's like that, it's up and it's down  
Put the smile on your face, turn your frown upside down

And remember to always...  
Jump, jump, jump over it  
Jump, jump, jump over it  
Jump, jump, jump over it  
Let it go, let it go, let it go now!  
Jump, jump, jump over it  
Jump, jump, jump over it  
Jump, jump, jump over it  
Let, let it go  
Superhero pose



## That's Not Cool

Music by Tai Rotem. Lyrics by Laura Cooney

Everyone is out here, outside, playing at school  
One kid says something, nasty, trying to be cool.  
She can't play here, I don't care if it's fair  
You know it's not nice, you should say so, but you're too scared  
Out of the classroom and in to the friend zone  
Sometimes the Playground can feel like a warzone.

### Chorus

Woah, hey, that's not cool  
Woah, hey, that's not cool  
You say, Woah, hey, that's not cool  
And you stick up for the kids getting bullied in your school

If you see something, not right, kids being cruel  
Being bullies, being unfair, breaking the rules.  
I know it's scary, but it's friendly, you have to try  
Stand up for kindness, with a big heart, don't stand by  
Out of the classroom and in to the friend zone  
Sometimes the Playground can feel like a warzone.

### Chorus

Woah, hey, that's not cool  
Woah, hey, that's not cool  
You say, Woah, hey, that's not cool  
And you stick up for the kids getting bullied in your school

Hey yo, it's time to get down, everybody loves the playground sound.

I'm not going to watch you be like that  
Just be nice cos we don't play like that  
Everybody is cool in their own way  
If you can't be friendly, we'll go away.

### Chorus

Woah, hey, that's not cool  
Woah, hey, that's not cool  
You say, Woah, hey, that's not cool  
And you stick up for the kids getting bullied in your school

Woah, hey, that's not cool  
Woah, hey, that's not cool  
You say, Woah, hey, that's not cool  
STOP! that's not cool

You can make a difference, you can be the one  
To make a change happen so we all have fun.  
If someone is being nasty you know what to do



Don't wait for another kid it's up to you.  
Plant your feet and lift your head  
Be brave and say what has to be said.  
Take a deep breathe speak in a loud voice to reach her  
If it doesn't stop there then go get a teacher.

Woah, hey, that's not cool  
Woah, hey, that's not cool  
You say, Woah, hey, that's not cool  
And you stick up for the kids getting bullied in your school.



# Kindness is the New Playground Craze

Music and Lyrics by Lauren Marshall and Bram Harris

## Verse 1

Our teacher told us to change the world,  
To make a better planet for me and you.  
It starts with kindness and the words we use  
So tell me what does kindness mean to you?

## Pre Chorus

I think it's doing small things with lots of love.  
I think its sharing my baseball glove.  
(No wait -)  
I think its all those things and so much more  
So what do we all stand for? We stand for..

## Chrous:

Kindness, is the new playground craze  
Kindness, is letting everybody play  
Ohohoh, kindness is sharing joy in every way  
Kindness is the new playground craze

## Verse 2

If I do something kind for you,  
Well it makes me feel good then I'll pass it on.  
It's a chain reaction a new point of view  
Now tell me what does kindness mean to you?

## Pre Chorus

I think it's carrying the groceries for my dad  
I think it's cheering up a friend that's sad  
(Yes!)  
I think its all those things and so much more.  
Both:n So what do we all stand for? We stand for..

## Chrous:

Kindness, is the new playground craze  
Kindness, is letting everybody play  
Ohohoh, kindness is sharing joy in every way  
Kindness is the new playground craze

## Bridge:

Laugh and dance for a while, it could make someone smile,  
Lend a helping hand thats how you spread kindness.  
Give a hug or high five, it'll make you feel alive,  
Just share good vibes thats how you spread kindness.

## Chrous