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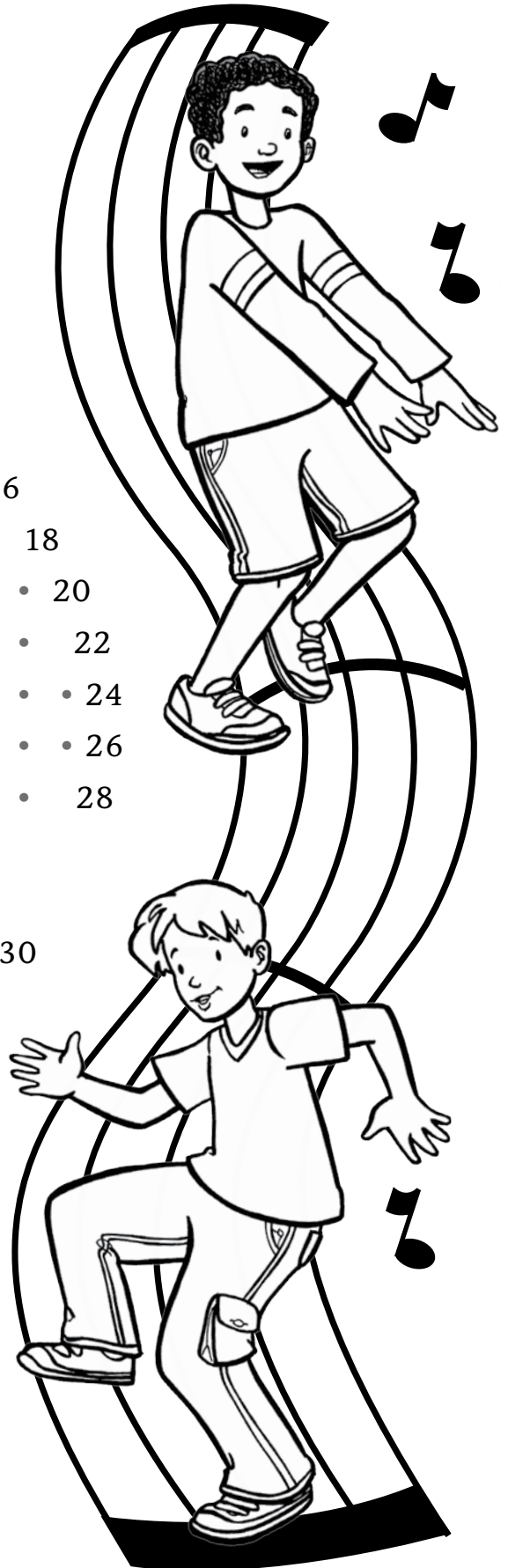
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# Acknowledgments

*Ready to Rock Kids* is on a roll! This third volume has been further enhanced by exciting new elements. Brian Mann, the best “partner” a guy could ever have, took an even greater creative role in the production, arrangements, vocal direction, and song writing. Craig Dobbin also contributed his superb talents to the arrangements and production.

I have cherished my relationship with the kids in this project. Most people aren’t aware of the thousands of hours that go into music like this, but the kids in our chorus are! Months of Sunday afternoon rehearsals and recording sessions taught us all how to bring out the best in each other. Truly the backbone of this effort, they were amazing! A special thanks to their families for their support and encouragement, and to the kids at Laguna Blanca school who provided the spoken lines for the song, “H-o-n-e-s-t-y.”

Also indispensable to our latest and greatest sound is the expanded participation of adult singers Lois Mahalia and Eje Lynn-Jacobs. Eje provided a rich fabric of background harmonies on most of the songs, and our other superstar, Lois, provided brilliant solo performances. Many of the songs didn’t seem quite finished until we “Lois-ized” them and let her just sing around on top. As with the other fine players, guitarist Mike Miller added his magic to the final sound of all the songs.

Thanks, as always, to my wife, Debra, for her guidance and support, and to my mom and sisters for their endless enthusiasm. I am indebted to Daniel Goleman, Ph.D., Maurice Elias, Ph.D., Becky Beiley, and all of my numerous friends and advisors. Finally, a big thanks to my friends at Free Spirit Publishing—especially Judy, John, Eric, and Tasha—as well as to Debbie and Brie, all of whom gave their hearts and souls, synergistically, to help create this, my third dream come true.

—Dr. Mac

Produced by Dr. Mac with Brian Mann and Craig Dobbin  
Musical arrangements by Brian Mann and Craig Dobbin  
Vocal arrangements by Brian Mann and Dr. Mac

Lyrics and music by Dr. Mac: tracks 5, 6, 7, 11, 12

Lyrics and music by Dr. Mac and Brian Mann: tracks 1, 2, 3, 4, 9, 10

Lyrics and music by Dr. Mac, Brian Mann, and Connie Samovitz: track 8

## Children’s Chorus Solo Tracks

Emma Steinkellner 1, 3, 7, 8, 12  
Avery Sorenson 1, 3, 4, 7, 8  
Allison Lewis 3, 4, 7, 8, 12  
Sam Kulchin 1, 3, 4, 7, 12  
Anya Ruskin 1, 7, 8  
Briggs Boss 3, 7  
Olivia Fanaro 2, 7  
Claudia Fanaro 7  
Christian Hirsch 1  
Patricia Westley 11

## Adult Solo and Lead Vocal Tracks

Dr. Mac 3, 4, 5, 6, 7, 8, 9, 10, 11  
Lois Mahalia 2, 3, 4, 5  
Eje Lynn-Jacobs 3, 8  
Sean MacMannis 7  
Kirk Taylor 3, 9

## Adult Background Vocal Tracks

Dr. Mac 1, 4, 5, 6, 7, 8, 9, 10, 11  
Eje Lynn-Jacobs 1, 2, 3, 4, 5, 7, 9  
Lois Mahalia 1, 4, 5, 7, 8  
Kirk Taylor 3, 9  
Brian Mann 1, 8

## Children’s Talking and Rap Tracks

Emma Steinkellner 1, 3, 7, 11  
Avery Sorenson 2, 3, 4, 5, 8  
Sam Kulchin 1, 2, 3, 5, 7, 11  
Alexandra Varner 1, 2, 5, 11  
Nya Burke 2, 3, 5, 11  
Briggs Boss 2, 3, 11  
Aaron Linker 5, 8, 11  
Samantha Adams 1, 8  
Kyelee Sorenson 1, 5

Claudia Fanaro 5, 7  
Olivia Fanaro 2, 11  
Kelly Adams 8, 11  
Brenden Ring 1, 8  
Allison Lewis 3, 5  
Sasa Adizes 5, 8  
Saylor Yoos 1, 5  
Patricia Westley 11  
Christian Hirsch 5  
Desiree Herrera 8  
Anya Ruskin 11  
Miguel Leon 11  
Carlin Traxler 9  
Drake Rabin 8  
Logan Ring 8  
Kelci Hahn 9

## Musicians

Brian Mann keyboards, programming, all instruments, accordion  
Craig Dobbin keyboards, programming, all instruments  
Mike Miller electric and acoustic guitars  
Craig Wood trombone track 11

Engineered by Eric Palmquist  
Recorded at Orange Whip, SeaMusic, Mann Made, and Craig Dobbin Studios  
Mixed by Brian Mann, Craig Dobbin, and Dr. Mac  
Mastered by Doug Sax and Sunny Nam

# Introduction

The inspiration for *Ready to Rock Kids* came from asking young children about the music they like to listen to. Kids are quite sophisticated these days and are attracted to the quality and rhythm of popular young adult music, which is often lyrically inappropriate for them.

The full-production songs of *Ready to Rock Kids* are both highly entertaining and age appropriate—adult-quality music, but with words and themes to which kids can really relate. The different adult and child soloists, children’s chorus, and wide range of instruments and styles of music easily hold children’s attention.

We live in an age where high stress, the media, and pop culture often have a negative influence on children, but now we also have the know-how to help them thrive through it all. As a child psychologist, I know that giving kids tools to help them feel good about themselves and get along with others helps them be happy, and happy kids learn better!

Teachers are often overwhelmed with the social and emotional challenges that keep children from learning the academics, and many are in districts that mandate the teaching of character/values education. Parents, too, want to do a better job at teaching their children how to make the most out of life. Now there is an engaging way to do just that. The songs and activities in this book are fun, positive learning tools that support children’s social and emotional development.

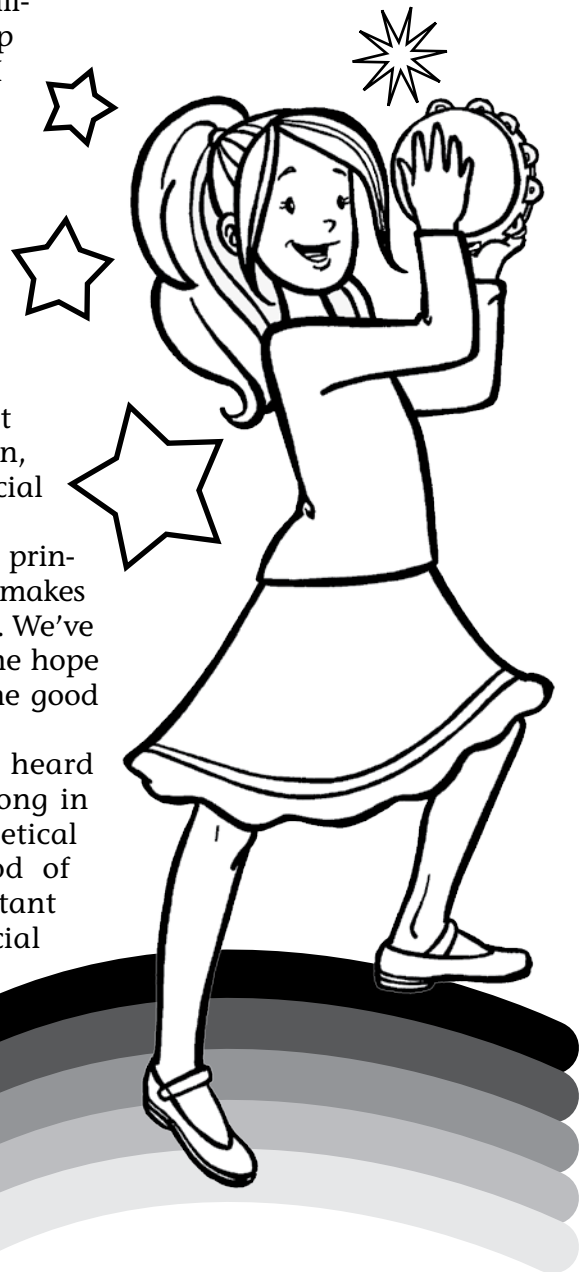
We have produced this music with the guiding principle that the “extra final 5 percent” in our efforts makes the difference between a good song and a great song. We’ve poured our hearts and souls into this project with the hope of touching yours, and invite you to listen with some good headphones to discover some of our secret touches.

Most of us remember the words to songs we heard as young children. Don’t you still sing the ABC song in your head when you’re trying to remember alphabetical order? There may be no more powerful method of learning than through music, and no more important lessons for children than those that focus on social and emotional skills.

—Dr. Mac

**“Be aware of wonder. Live a balanced life — learn some and think some and draw and paint and sing and dance and play and work every day some.”**

— Robert Fulghum



# Be Good to Yourself

If you want it,  
If you want to have a happy day,  
If you want it,  
If you want to make the good times stay—

Then see the best in everyone,  
With everything you do.  
Then don't forget that everyone means "you"—you, too,

And say good things to yourself,  
Because you and everybody else  
Need kindness. It's the finest thing.

So say good things to yourself,  
Because you and everybody else  
Need kindness, be good to yourself  
Be good to yourself.

Do your best at everything,  
Everything that you do.  
You do your best at everything,  
And when you're through, you're through.

Then say good things to yourself,  
Because you and everybody else  
Need kindness. It's the finest thing.  
So say good things to yourself,  
Because you and everybody else  
Need kindness, be good to yourself,  
Be good to yourself, and have a happy day,  
Be good to yourself, and have a happy day,  
Be good to yourself! (repeat)



"It's okay to  
make mistakes."



"I can be a  
great friend."



"This is going  
to be fun!"



"I'll try my best!"

**How well do you take care of yourself?**  
**Answer the questions below to see.**

**1.** I know I am getting enough sleep because I wake up on my own (instead of by a parent or an alarm clock) \_\_\_\_\_ days a week.

**2.** I try to eat a healthy breakfast.  
One part of a healthy breakfast is \_\_\_\_\_.

**3.** I eat healthy! My favorite healthy food is \_\_\_\_\_.

**4.** Three things I like to do outside for exercise are:  
**a.** \_\_\_\_\_  
**b.** \_\_\_\_\_  
**c.** \_\_\_\_\_

**5.** Friends who like to play sports or exercise with me are \_\_\_\_\_.

**6.** One of the things I like best about myself is: \_\_\_\_\_.

**7.** One thing I would like to change about myself is: \_\_\_\_\_.

