



What is mindfulness?

At Tkiya, we believe it is important to remind ourselves to live and be present in the moment! This means practicing gratitude and taking care of our bodies and our minds. We can use tools like deep breaths, counting, and positive words to feel good about ourselves! We can also read, sing, dance, and connect with others. Sometimes, we all need to take a break and remind ourselves to breathe, so enjoy this collection of a deep breath in the form of music.

You can learn more about mindfulness on our [website](#).

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Chesed/I Send Out Love by Rachel Altounian

Chorus:

I send out love love love
Even if we are apart
I send out love love love
I send out chesed from my heart

Think of someone you know very well
Somebody who makes you feel dandy
See that someone in your mind
And send them thoughts as sweet as candy

Chorus

Think about the whole wide world
So many different people and things
See the whole world in your mind
Let's find out what sharing chesed brings

Chorus

Now it's time to think of you
And all the things that you've been through
See your own self in your mind
And there's just one more thing that you have
to do

Give yourself love love love
In the good times and the hard
Give yourself love love love
You can let down your guard

Chorus

[Watch our Mindful Music episode about Chesed here!](#)

Give A Hug by Bari Koral

Give a hug, give give a hug
Give a hug, give give a hug
Give a hug give a hug
give a hug right now

Shake a hand, shake shake a hand
Shake a hand, shake shake a hand
Shake a hand, shake a hand
Shake a hand right now

Blow a kiss blow blow a kiss
Blow a kiss, blow blow a kiss
Blow a kiss blow a kiss
Blow a kiss right now

Give a hug, give give a hug
Give a hug, give give a hug
Give a hug give a hug
give a hug right now

[Listen to Give a Hug on Spotify by Bari Koral](#)
[Listen to Give A Hug on Youtube by Bari Koral](#)

I Can Do Things by Stephanie Leavell

I'm taking a chance, trying something new
Something I'm a little scared to do
Dust off my cape, stand a little taller
And already I'm feeling stronger

'Cause I am brave
And I am strong
And I can do things
Even when they're hard

'Cause I am brave
And I am strong
And I can do things
Even when they're hard

I have butterflies I don't wanna show
Well sometimes, that's just how life goes
So take a deep breath and keep moving ahead
One foot in front of the other, my friend

Chorus

I believe in you, you believe in me
Together we can do anything (6x)

'Cause I am brave
And I am strong
And I can do things
Even when they're hard

'Cause I am brave
And I am strong
And I can do things
Even when they're hard

Even when they're hard
Even when they're hard

[Listen to I Can Do Things on Spotify by Stephanie Leavell](#)

[Listen to I Can Do Things on Youtube by Stephanie Leavell](#)

Neshama, I Breathe In by Rachel Altounian

Sometimes life is scary
Sometimes it feels like a test
When I find my center
I can be my best

Chorus
Neshama, I breathe in
Neshama, I breathe out
In - 1 2 3
Out - 1 2 3
In - 1 2 3
Out - 1 2 3

Before the first day of school

Neshama, a breath of life
Can be helpful and fun
Neshama, a breath of life
This is how it's done

First you let out all your air
exhale

Then you breathe three counts way down to
there!
inhale

Let it out real slow and then
exhale

Or after something sad
I can find my center
And I don't feel so bad

Breathe it in and start again!
inhale

Chorus

Chorus

[Watch our Mindful Music episode about Neshama here!](#)

Notice Me by Rachel Altounian

My apple is red,
It's sweet and it's mine
It's my tasty treat
And when I take
My first juicy bite
It feels so great to eat

An apple is meant to help us grow
And get us through the day
If I don't think twice before eating it up
Then the apple will say

"Notice me, notice me,
Before and while you chew
Can't you see I wanna be
Yummy and good for you"

My celery is green,
It's mild and it's mine
It's my tasty treat
And when I take
My first crunchy bite
It feels so great to eat

Celery is meant to help us grow
And get us through the day
If I don't think twice before eating it up
Then the celery will say

"Notice me, notice me,
Before and while you chew
Can't you see I wanna be
Yummy and good for you"

My yogurt is white,
It's cold and it's mine
It's my tasty treat
And when I take
My first creamy bite
It feels so great to eat

Yogurt is meant to help us grow
And get us through the day
If I don't think twice before eating it up
Then the yogurt will say

"Notice me, notice me,
Before and while you chew
Can't you see I wanna be
Yummy and good for you"

[Watch our Mindful Music episode about Chai \(Life\)!](#)

One Little Act of Kindness by Susan Salidor

One little act of kindness
goes a long long way

One little loving word...
One little hug and kiss...

Two little acts of kindness
can brighten anyone's day

Three little acts of kindness
make a beautiful sound

Four little acts of kindness
help the world go round

[Listen to this song by Susan Salidor on Spotify](#)
[Watch Susan Salidor read her book and sing](#)
[One Little Act of Kindness!](#)

Peace Like A River - Traditional

I've got peace like a river,
I've got peace like a river,
I've got peace like a river in my soul.

I've got joy like a fountain,
I've got joy like a fountain,
I've got joy like a fountain in my soul.

I've got peace like a river,
I've got peace like a river,
I've got peace like a river in my soul.

I've got love like the ocean,
I've got love like the ocean,
I've got love like the ocean in my soul.

I've got joy like a fountain,
I've got joy like a fountain,
I've got joy like a fountain in my soul.

I've got love like the ocean,
I've got love like the ocean,
I've got love like the ocean in my soul.

[Listen to Elizabeth Mitchell's rendition on Spotify](#)
[Listen to Elizabeth Mitchell's rendition on YouTube](#)

Shalom Mind by Rachel Altounian

Be still
Deep breaths
To yourself, be kind
Let's count
To five
And find our Shalom mind

One, here we go
Two, a little bit more
Three, on with the show
And you can't forget four
Five, and that's the end
Til we do it all again
To yourself, be kind
And find your Shalom mind

One, here we go
Two, a little bit more
Three, on with the show
And you can't forget four
Five, and that's the end
Til we do it all again
To yourself, be kind
And find your Shalom mind.

[Watch our Mindful Music episode about Shalom Mind!](#)

Toe-Dah by Eliana Light

Toe DAH! Toe DAH! Todah Rabah!

Toe DAH! Toe DAH! Todah Rabah!

Thank you for my (insert body part)
Thank you for my (insert body part)
Thank you for my (insert body part)
And thank you for my toes!

Toe DAH! Toe DAH! Todah Rabah!

Toe DAH! Toe DAH! Todah Rabah!

[Watch Eliana Light sing Toe-Dah here!](#)

What Are You Thankful For Today by Elana Jagoda

What are we thankful for today?
Share with me the blessings that have come your way
What are we thankful for today?
Share with me the blessings that have come your way

I'm thankful that the sun is shining
I'm thankful I've got food to eat
I'm thankful for the songs I sing
I'm thankful for my dancing feet

Chorus

What if you and a friend had a fight
Maybe you got hurt when you fell off your bike
Maybe mom and dad made a dinner you didn't like
But be grateful – you have a plateful

[Listen to Elana Jagoda on Spotify](#)

[Listen to Elana Jagoda on Youtube](#)

I'm thankful that I've got clothes to wear
I'm thankful that I've got enough to share
I'm thankful for for what the earth brings me
I'm thankful for my friends and family

Chorus

I'm thankful that I've got clothes to wear
I'm thankful that I've got enough to share
I'm thankful for for what the earth brings me
I'm thankful for my friends and family

Chorus

Mindfulness Songs Vocabulary

Chesed - The Hebrew word for kindness

Shalom - The Hebrew word for hello, goodbye, and peace

Todah Rabah - The Hebrew phrase for thank you very much

Neshama - The Hebrew word for soul or spirit

Chai - The Hebrew word for life