

JOOKI SEL PLAYLIST

7 popular songs about
self-acceptance, grit, and compassion



Includes lyric sheets and social emotional
learning conversation starters!

jooki

THIS IS ME

[Keala Settle & Greatest Showman Cast]



I am not a stranger to the dark
 Hide away, they say
 'Cause we don't want your broken parts
 I've learned to be ashamed of all my scars
 Run away, they say
 No one'll love you as you are

But I won't let them break me down to dust
 I know that there's a place for us
 For we are glorious

When the sharpest words wanna cut me down
 I'm gonna send a flood, gonna drown 'em out
 I am brave, I am bruised
 I am who I'm meant to be, this is me
 Look out 'cause here I come
 And I'm marching on to the beat I drum
 I'm not scared to be seen
 I make no apologies, this is me

Oh-oh-oh-oh
 Oh-oh-oh-oh
 Oh-oh-oh-oh
 Oh-oh-oh-oh
 Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh

Another round of bullets hits my skin
 Well, fire away 'cause today, I won't let the
 shame sink in
 We are bursting through the barricades and
 Reaching for the sun (we are warriors)
 Yeah, that's what we've become (yeah, that's
 what we've become)

I won't let them break me down to dust
 I know that there's a place for us
 For we are glorious

When the sharpest words wanna cut me down
 I'm gonna send a flood, gonna drown 'em out
 I am brave, I am bruised
 I am who I'm meant to be, this is me
 Look out 'cause here I come
 And I'm marching on to the beat I drum
 I'm not scared to be seen
 I make no apologies, this is me

Oh-oh-oh-oh
 Oh-oh-oh-oh
 Oh-oh-oh-oh
 Oh-oh-oh-oh
 Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh
 This is me

and I know that I deserve your love
 (Oh-oh-oh-oh) there's nothing I'm not worthy of
 (Oh-oh-oh, oh-oh-oh, oh-oh-oh, oh, oh)
 When the sharpest words wanna cut me down
 I'm gonna send a flood, gonna drown 'em out
 This is brave, this is bruised
 This is who I'm meant to be, this is me

Look out 'cause here I come (look out 'cause here
 I come)
 And I'm marching on to the beat I drum (marching
 on, marching, marching on)
 I'm not scared to be seen
 I make no apologies, this is me

When the sharpest words wanna cut me down
 I'm gonna send a flood, gonna drown 'em out
 I'm gonna send a flood
 Gonna drown 'em out
 Oh, This is me

CONVERSATION STARTERS!

THIS IS ME

[Keala Settle & Greatest Showman Cast]

1. Do you think the title of this song is a good fit for it? Does it let you know what this song will be about?

2. What subtitle would you give this song to help explain it to a friend? (Hint: a subtitle is like a longer title with a few more details.)

**I am brave, I am bruised
I am who I'm meant to be, this is me**

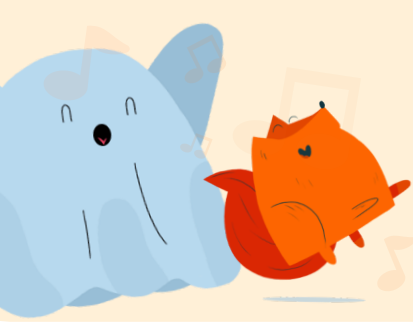
3. Read the lyrics above.

Has anyone ever made fun of you or made you feel bad because of how you look, or for some other reason? Were you able to comfort yourself knowing that you are a unique person who is proud of who you are?

4. Have you ever made fun of someone who is 'different' from you? If you saw that person today, what would you say? Would you say you're 'sorry'? Why?

MMMBOP

[Hanson]



Oh, oh
Oh, oh, oh, yeah

You have so many relationships in this life
Only one or two will last
You go through all the pain and strife
Then you turn your back and they're gone so fast

Oh yeah
And they're gone so fast, yeah
Oh, so hold on the ones who really care
In the end they'll be the only ones there
And when you get old and start losing your hair
Can you tell me who will still care
Can you tell me who will still care?
Oh care

Mmmmbop, ba duba dop
Ba du bop, ba duba dop
Ba du bop, ba duba dop
Ba du, oh yeah
Mmmmbop, ba duba dop
Ba du bop, ba du dop
Ba du bop, ba du dop
Ba du, yeah

Said oh yeah
In an Mmmmbop they're gone
Yeah yeah
Yeah yeah

Plant a seed, plant a flower, plant a rose
You can plant any one of those
Keep planting to find out which one grows
It's a secret no one knows
It's a secret no one knows
Oh, no one knows

Mmmmbop, ba duba dop
Ba du bop, ba duba dop
Ba du bop, ba duba dop
Ba du, oh yeah
Mmmmbop, ba duba dop
Ba du bop, ba du dop
Ba du bop, ba du dop

Can you tell me? Oh
No, you can't 'cause you don't know
Can you tell me?
You say you can but you don't know
Can you tell me? Oh (which flower's going to grow?)
No, you can't 'cause you don't know
Can you tell me? (if it's going to be a daisy or a rose?)
You say you can but you don't know
Can you tell me? Oh (which flower's going to grow?)
No, you can't 'cause you don't know
Can you tell me?
You say you can but you don't know
Oh, oh
You say you can but you don't know
You don't know, You don't know, oh

Mmmmbop, ba duba dop
Ba du bop, ba duba dop
Ba du bop, ba duba dop
Oh yeah
Mmmmbop, ba duba dop
Ba du bop, ba du dop
Ba du bop, ba du dop
Yeah

CONVERSATION STARTERS!

MMMBOP
[Hanson]

1. Do you think the title of this song is a good fit for it? Does it let you know what this song will be about?

2. What subtitle would you give this song to help explain it to a friend? (Hint: a subtitle is like a longer title with a few more details.)

**You have so many relationships in this life...
Keep planting to find out which one grows**

3. Read the lyrics above.

Do you have a friend (or friends) in your life now that you can imagine will still be your friend when you're an adult? How do you think your friendship will be different when you are older?

4. Is it easy or hard for you to make new friends? It can help if you think about how the other new friend may feel. He or she may need encouragement, too. What could you say to someone you want to make friends with?

HAPPY

[Pharrell Williams]



It might seem crazy what I am 'bout to say
Sunshine, she's here, you can take a break
I'm a hot air balloon that could go to space
With the air, like I don't care, baby by the way

Huh (Because I'm happy)
Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to
you
(Because I'm happy)
Clap along if you feel like that's what you
wanna do

Here come bad news talking this and that
(Yeah)
Well give me all you got, don't hold back (Yeah)
Well I should probably warn you I'll be just fine
(Yeah)
No offense to you don't waste your time

Here's why
Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to
you
(Because I'm happy)
Clap along if you feel like that's what you
wanna do

Uh, bring me down
Can't nothing, bring me down
My level's too high to bring me down
Can't nothing, bring me down, I said
Bring me down, can't nothing
Bring me down
My level's too high to bring me down
Can't nothing, bring me down, I said

Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(Because I'm happy)
Clap along if you feel like that's what you wanna
do

(Repeat Chorus above)

Uh, bring me down (Happy, happy, happy, happy)
Can't nothing (Happy, happy, happy, happy)
Bring me down, my level's too high
To bring me down (Happy, happy, happy, happy)
Can't nothing (Happy, happy, happy, happy)
Bring me down, I said

Clap along if you feel like a room without a roof
(Because I'm happy)
Clap along if you feel like happiness is the truth
(Because I'm happy)
Clap along if you know what happiness is to you
(ayy, ayy, ayy)
(Because I'm happy)
Clap along if you feel like that's what you wanna
do

(Repeat Chorus above) Come on

Songwriters: Pharrell L. Williams
Happy Lyrics © Emi April Music Inc., More Water From Nazareth,
Universal Pictures Global Music

CONVERSATION STARTERS!

HAPPY

[Pharrell Williams]

1. Do you think the title of this song is a good fit for it? Does it let you know what this song will be about?

2. What subtitle would you give this song to help explain it to a friend? (Hint: a subtitle is like a longer title with a few more details.)

**Here come bad news talking this and that
Well give me all you got, don't hold back**

3. Read the lyrics above.

Do you think the singer is asking for bad news to come into his life because he wants to hear bad news? How would you say this in another way to explain what he is feeling?

4. What are things or experiences in your life that make you happy? How do you show your appreciation or gratitude for them?

FIREWORK

[Katy Perry]



Do you ever feel like a plastic bag
 Drifting through the wind, wanting to start
 again?
 Do you ever feel, feel so paper thin
 Like a house of cards, one blow from cavin' in?
 Do you ever feel already buried deep?
 Six feet under screams, but no one seems to
 hear a thing
 Do you know that there's still a chance for you?
 'Cause there's a spark in you

You just gotta ignite the light, and let it shine
 Just own the night, like the Fourth of July

'Cause baby, you're a firework
 Come on, show 'em what you're worth
 Make 'em go, "Oh, oh, oh"
 As you shoot across the sky
 Baby, you're a firework
 Come on, let your colors burst
 Make 'em go, "Oh, oh, oh"
 You're gonna leave 'em all in awe, awe, awe

You don't have to feel like a waste of space
 You're original, cannot be replaced
 If you only knew what the future holds
 After a hurricane comes a rainbow
 Maybe a reason why all the doors are closed
 So you could open one that leads you to the
 perfect road
 Like a lightning bolt, your heart will glow
 And when it's time, you'll know

You just gotta ignite the light, and let it shine
 Just own the night, like the Fourth of July

'Cause baby, you're a firework
 Come on, show 'em what you're worth
 Make 'em go, "Oh, oh, oh"
 As you shoot across the sky
 Baby, you're a firework
 Come on, let your colors burst
 Make 'em go, "Oh, oh, oh"
 You're gonna leave 'em all in awe, awe, awe

Boom, boom, boom
 Even brighter than the moon, moon, moon
 It's always been inside of you, you, you
 And now it's time to let it through

'Cause baby, you're a firework
 Come on, show 'em what you're worth
 Make 'em go, "Oh, oh, oh"
 As you shoot across the sky
 Baby, you're a firework
 Come on, let your colors burst
 Make 'em go, "Oh, oh, oh"
 You're gonna leave 'em all in awe, awe, awe

Boom, boom, boom
 Even brighter than the moon, moon, moon
 Boom, boom, boom
 Even brighter than the moon, moon, moon

Songwriters: Esther Dean / Katheryn Hudson / Mikkel Storleer Eriksen / Sandy Julien
 Wilhelm / Tor Erik Hermansen
 Firework lyrics © Downtown Music Publishing, Peermusic Publishing, Songtrust Ave,
 Sony / ATV Music Publishing LLC, Warner Chappell Music, Inc.

CONVERSATION STARTERS!

FIREWORK

[Katy Perry]

1. Do you think the title of this song is a good fit for it? Does it let you know what this song will be about?

2. What subtitle would you give this song to help explain it to a friend? (Hint: a subtitle is like a longer title with a few more details.)

**Maybe a reason why all the doors are closed
So you could open one that leads you to the perfect road**

3. Read the lyrics above.

Describe a time when you felt like things blocked your way or you were stuck behind a closed door. (Hint: this could be when you were trying to finish something important to you.) Were you able to keep going, keep trying?

4. What did you tell yourself to keep yourself trying until you succeeded? What would you tell a friend who wanted to quit something hard?

COUNT ON ME

[Bruno Mars]



Oh-oh

If you ever find yourself stuck in the middle of
the sea
I'll sail the world to find you
If you ever find yourself lost in the dark and
you can't see
I'll be the light to guide you

We'll find out what we're made of
When we are called to help our friends in need

You can count on me like one, two, three
I'll be there
And I know when I need it, I can count on you
like four, three, two
And you'll be there
'Cause that's what friends are supposed to do,
oh, yeah
Ooh-ooh-ooh-ooh
Ooh-ooh-ooh-ooh, ooh, yeah, yeah

If you're tossin' and you're turnin' and you just
can't fall asleep
I'll sing a song beside you
And if you ever forget how much you really
mean to me
Every day I will remind you, oh
We'll find out what we're made of
When we are called to help our friends in need

You can count on me like one, two, three
I'll be there
And I know when I need it, I can count on you like
four, three, two
And you'll be there
'Cause that's what friends are supposed to do, oh,
yeah
Ooh-ooh-ooh-ooh
Ooh-ooh-ooh-ooh, ooh, yeah, yeah

You'll always have my shoulder when you cry
I'll never let go, never say goodbye
You know

You can count on me like one, two, three
I'll be there
And I know when I need it I can count on you like
four, three, two
And you'll be there
'Cause that's what friends are supposed to do, oh,
yeah
Ooh-ooh-ooh-ooh
Ooh-ooh-ooh-ooh, ooh

You can count on me 'cause I can count on you

Songwriters: Peter Gene Hernandez / Ari Levine / Philip Martin Lawrence, II
Count on Me lyrics © WB Music Corp., Bughouse, Round Hill Songs, Thou Art The Hunger,
Roc Nation Music, Music Famamanem LP, Mars Force Music, Music Famamanem, Art For
Art's Sake Music, Toy Plane Music, Universal Music Works, Bmg Onyx Songs, Northside
Independent Music Publishing, Llc, Round Hill Harmonies, Roc Global

CONVERSATION STARTERS!

COUNT ON ME [Bruno Mars]

1. Do you think the title of this song is a good fit for it? Does it let you know what this song will be about?

2. What subtitle would you give this song to help explain it to a friend? (Hint: a subtitle is like a longer title with a few more details.)

**We'll find out what we're made of
When we are called to help our friends in need**

3. Read the lyrics above.

Have you ever helped a 'friend in need'? How? Did it make you feel good **about yourself** to help someone else?

4. Are you comfortable asking for help from your friends? What would you tell a friend who may be uncomfortable asking for help?

COOL KIDS

[Echosmith]



She sees them walking in a straight line, that's not really her style.
And they all got the same heartbeat, but hers is falling behind.
Nothing in this world could ever bring them down.
Yeah, they're invincible, and she's just in the background.
And she says,

"I wish that I could be like the cool kids,
'Cause all the cool kids, they seem to fit in.
I wish that I could be like the cool kids, like the cool kids."

He sees them talking with a big smile, but they haven't got a clue.
Yeah, they're living the good life, can't see what he is going through.
They're driving fast cars, but they don't know where they're going.
In the fast lane, living life without knowing.
And he says,

"I wish that I could be like the cool kids,
'Cause all the cool kids, they seem to fit in.
I wish that I could be like the cool kids, like the cool kids.
I wish that I could be like the cool kids,
'Cause all the cool kids they seem to get it.
I wish that I could be like the cool kids, like the cool kids."

And they said,
"I wish that I could be like the cool kids,
'Cause all the cool kids, they seem to fit in.
I wish that I could be like the cool kids, like the cool kids.
I wish that I could be like the cool kids,
'Cause all the cool kids, they seem to fit in.
I wish that I could be like the cool kids, like the cool kids.
"I wish that I could be like the cool kids,
'Cause all the cool kids, they seem to get it.
I wish that I could be like the cool kids, like the cool kids."

Oh-oh, oh-oh-oh
Oh-oh, oh-oh-oh
Oh-oh, oh-oh-oh
Like the cool kids

Songwriters: Jesiah Dzwonek / Jeffery David Sierota / Graham Sierota / Sydney Sierota / Noah Sierota / Jamie Sierota
Cool Kids Lyrics © WB Music Corp., Round Hill Songs, Jeffery David Songs, Echosmith Songs, Upcast Music Recordings

CONVERSATION STARTERS!

COOL KIDS [Echosmith]

1. Do you think the title of this song is a good fit for it? Does it let you know what this song will be about?

2. What subtitle would you give this song to help explain it to a friend? (Hint: a subtitle is like a longer title with a few more details.)

**She sees them walking in a straight line, that's not really her style.
He sees them talking with a big smile, but they haven't got a clue.**

3. Read the lyrics above.

Do you think the characters in the song like the 'cool kids'? If they don't like them, why would they want to be like them?

4. Have you ever been in a situation where you just wanted to 'fit in' and not be yourself? Did it make you feel comfortable or uncomfortable? Why?



JOOKI SEL PLAYLIST

BE A LIGHT

[Thomas Rhett]



In a time full of war, be peace

In a time full of doubt, just believe
Yeah, there ain't that much difference between
you and me

In a time full of war, be peace

In a world full of hate, be a light
When you do somebody wrong, make it right
Don't hide in the dark, you were born to shine
In a world full of hate, be a light
(La-la-la, la, la, la, la)

In a place that needs a change, make a
difference
In a time full of noise, just listen
'Cause life is but a breeze, better live it
In a place that needs a change, make a
difference

In a world full of hate, be a light
When you do somebody wrong, make it right
Oh, don't hide in the dark, you were born to
shine
In a world full of hate, be a light
La-la-la, la, la, la, la...

In a race that you can't win, slow it down
Yeah, you only get one go around
'Cause the finish line is six feet in the ground
In a race you can't win, just slow it down

In a world full of hate, be a light (oh-oh)
When you do somebody wrong, make it right
(make it right)
Oh, don't hide in the dark, you were born to shine
In a world full of hate, be a light

Yeah, it's hard to live in color, when you just see
black and white
In a world full of hate, be a light

Songwriters: Josh Thompson / Thomas Rhett / Matt Dragstrem / Josh Miller
Be A Light lyrics © Emi Blackwood Music Inc., Big Music Machine, Songs of the Corn,
Super Big Music, Two Laine Collections, Jack 10 Publishing, Round Hill Songs, Big Loud
Proud Songs, Matt Drag Music

CONVERSATION STARTERS!

BE A LIGHT [Thomas Rhett]

1. Do you think the title of this song is a good fit for it? Does it let you know what this song will be about?
2. What subtitle would you give this song to help explain it to a friend? (Hint: a subtitle is like a longer title with a few more details.)

Yeah, it's hard to live in color, when you just see black and white

3. Read the lyrics above.
What do you think the singer means by living 'in color'?

4. If you had to describe your life using colors, what colors would you choose to best represent yourself? (Hint: like sports teams choose colors for their uniforms.) What color best describes your family? Your friends? Why these colors?