

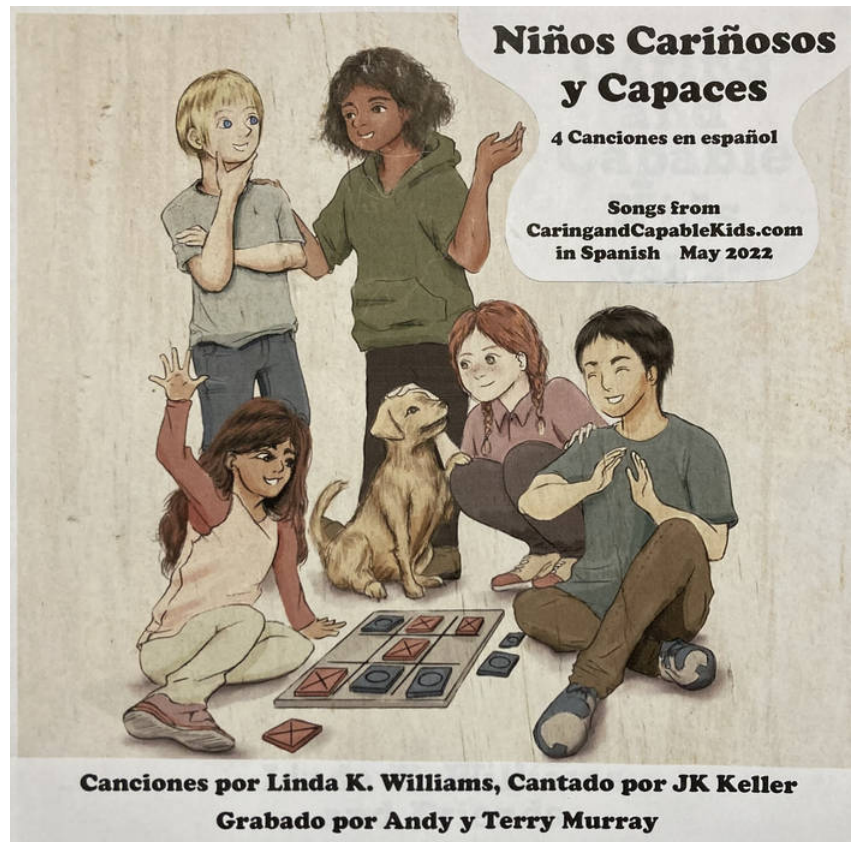
Niños Cariñosos y Capaces

4 Canciones en español

**Songs from
CaringandCapableKids.com
in Spanish May 2022**

**Canciones por
Linda K. Williams,
Cantado por JK Keller
Grabado por
Andy y Terry Murray**

Doc. rev. 1-29-23



1. **Nadie es Don Nadie (2:40) / No One is a Nobody**
2. **Si te Enojas y lo Sabes (1:38) / If You're Angry and You Know It**
3. **Digo NO Cuando Quiero (2:48) / I Can Say NO When I Want To**
4. **Juntos contra el Problema, no Yo contra Ti (2:48)**
/ It's Us against the Problem, Not Me Against You

1. NADIE ES DON NADIE (2:40)

Traducido al español por Samantha Cabrera, modificado por JK Keller
<https://betterworld.bandcamp.com/track/nadie-es-don-nadie-no-one-is-a-nobody>

NO ONE IS A NOBODY (2:42)

Song #3 on album Caring and Capable Kids, Vol. 1

INGLÉS: https://www.youtube.com/watch?v=KLgDt5Nf9Zk&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=3

♥ For **Bonus Resources for Promoting Empathy and Compassion**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-empathy-compassion-bonus-ress.pdf>

Invitaciones de Pensar y Compartir

- **Piensa y comparte de que piensas que seria las diferentes maneras en que trataríamos las personas si tuvieran una señal en ellos o sobre su cabeza diciendo “esta persona es especial/importante!”**
- **Piensa y comparte de cómo te sientes cuando alguien- incluyéndote a usted- te dice que eres especial/importante.**
- **¿Qué te hace único, y cuáles son algunas de tus cualidades positivas?**

Think and Share Invitations

- * Think and share about the ways in which we might treat other people differently if we imagined each person with a sign on them or above their head saying "This person is special/important!"
- * Think and share about how you feel when someone -- including yourself -- tells you that you are special/important.
- * What makes you unique, and what are some of your positive qualities?

1

Soy adorable y capaz y sé que tú eres también

“¡Soy único!” Sólo hay un yo.

“¡Eres única!” Sólo hay un tú. De hecho...

1.

I'm lovable and capable and I know that you are, too.

I'm unique; there's only one me.

You're unique; there's only one you. In fact...

CORO

Nadie es don nadie. Todos somos importantes -- ¡Sí!

Con derechos, sueños, sentimientos. Si pasa a ti, me afecta a mí.

Nadie es don nadie. Todos somos importantes -- ¡Sí!

Toda la gente que veo yo es igual de especial que yo.

CHORUS:

No one is a nobody. Each person's important, you see.

Each one has rights and feelings and dreams;

What happens to you will change other lives, too.

No one is a nobody. Each person's important, you see.

Each one I meet as I walk down the street is just as special as I am.

2. **A veces no me siento adorable ni capaz.
Viene un amigo y me muestra que tengo valor.
Eso me recuerda... Es verdad que...**

2. Sometimes I don't feel too lovable, or very capable, either.
Then someone comes along and shows me that they care.
It reminds me that I do matter after all. It's true that...

CORO **Nadie es don nadie. Todos somos importantes -- ¡Sí!**
Con derechos, sueños, sentimientos. Si pasa a ti, me afecta a mí.
Nadie es don nadie. Todos somos importantes -- ¡Sí!
Toda la gente que veo yo es igual de especial que yo.

CHORUS: No one is a nobody. Each person's important, you see.
Each one has rights and feelings and dreams;
What happens to you will change other lives, too.
No one is a nobody. Each person's important, you see.
Each one I meet as I walk down the street is just as special as I am.

3. **Cuando olvido tus derechos y tus sentimientos también,
el mundo no gira sólo por mí,
Si importo yo, me importas tú... Porque....**

3. Other times I forget about your rights,
And that you have feelings, too.
And the world doesn't spin for just me, it's true.
If I care for myself, I'll care for you. Because...

CORO **Nadie es don nadie. Todos somos importantes -- ¡Sí!**
Con derechos, sueños, sentimientos. Si pasa a ti, me afecta a mí.
Nadie es don nadie. Todos somos importantes -- ¡Sí!
Toda la gente que veo yo es igual de especial que yo...
es igual de especial que yo...
es igual de especial que yo...
es igual de especial que yo.

CHORUS: No one is a nobody. Each person's important, you see.
Each one has rights and feelings and dreams;
What happens to you will change other lives, too.
No one is a nobody. Each person's important, you see.
Each one I meet as I walk down the street
is just as special as I am. (repeat last line and fade)

Words and Music © 1986 by Linda Kay Williams Lead Singer and Producer Andy Murray AndyandTerry@icloud.com
Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>
YouTube link for album https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0
Amazon.com link for album
https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46

Canción por Linda K. Williams, Cantado por JK Keller, Grabado por Andy y Terry Murray

2 SI TE ENOJAS Y LO SABES (1:38)

Traducido al español por Bianca Del Río y Samantha Cabrera, modificado por JK Keller

<https://betterworld.bandcamp.com/track/si-te-enojas-y-lo-sabes-if-youre-angry-and-you-know-it>

Canción por Linda K. Williams, Cantado por JK Keller, Grabado por Andy y Terry Murray

IF YOU'RE ANGRY AND YOU KNOW IT (2:14)

Song #6 on album Caring and Capable Kids, Vol. 1

INGLÉS https://www.youtube.com/watch?v=sbD4BDdCm78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6

✓ **For 7 of the Most-Requested Songs, Think and Share Invitations, and Bonus Resources, please follow this link:**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-7-of-the-most-requested-songs.pdf>

♦ **For 11 Songs and Bonus Resources for English Language Learners -- and/or Younger Students**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-11-ell-songs-and-or-younger-students-from-caring-and-capable-kids-4-albums.pdf>

★ **For Bonus Resources for Dealing with Feelings**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-dealing-with-feelings-bonus-resources-greatly-expanded.pdf>

Ⓢ **For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World**

<https://lkwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

Invitaciones de Pensar y Compartir

- Piensa y comparte las estrategias del manejo de enojo / autorregulación que tu has usado efectivamente.
- ¿Cuáles estrategias has visto a otras personas usar efectivamente?
- ¿Qué ha pasado cuando tu o otras personas no usan manejo de enojo o autorregulación estrategias para controlar su enojo?
- ¿Cómo se siente enojo en tu cuerpo?

Think and Share Invitations

- * Think and share about the anger management/self-regulation strategies you have used effectively.
- * What strategies have you seen others use effectively?
- * What has happened if/when you or others do not use anger management or self-regulation strategies to control your/their anger?
- * How does anger feel in your body?

Bonus Resources: Different sized formats of lyrics to provide opportunities for students to illustrate verses, with an opportunity to make up their own verses. Included are illustrate-your-own-booklet or book" and/or Big Book or Poster sized print.

<https://caringandcapablekids.com/2021/05/16/if-youre-angry-formats-to-illustrate-and-add-verses/>

1

Si te enojas y lo sabes, dile así --- "¡Estoy enojado/a!"

Si te enojas y lo sabes, dile así --- "¡Estoy enojado/a!"

Si te enojas y lo sabes, ¡controlarlo tú si puedes!

Si te enojas y lo sabes, dile así --- "¡Estoy enojado/a!"

1

If you're angry and you know it, talk it over, "I'm angry!"

If you're angry and you know it, talk it over, "I'm angry!"

If you're angry and you know it, that's okay, you can control it!

If you're angry and you know it, talk it over, "I'm angry!"

2

Si te enojas y lo sabes, cuenta a diez-- "1, 2, 3..."

Si te enojas y lo sabes, cuenta a diez -- "...4, 5, 6..."

Si te enojas y lo sabes, ¡controlarlo tú si puedes!

Si te enojas y lo sabes, cuenta a diez -- "¡...7, 8, 9, 10!"

2

If you're angry and you know it, count to ten, "1, 2, 3..."

If you're angry and you know it, count to ten, "...4, 5, 6..."

If you're angry and you know it, that's okay, you can control it!

If you're angry and you know it, count to ten! "...7, 8, 9, 10!"

3

Si te enojas y lo sabes, para y piensa... "¡MM-m-m!"

Si te enojas y lo sabes, para y piensa... "¡MM-m-m!"

Si te enojas y lo sabes, ¡controlarlo tú si puedes!

Si te enojas y lo sabes, para y piensa... "¡MM-m-m!"

3

If you're angry and you know it, stop and think, "Hm-m!"

If you're angry and you know it, stop and think, "Hm-m!"

If you're angry and you know it, that's okay, you can control it!

If you're angry and you know it, stop and think, "Hm-m!"

4 (Van a ver que este verso es diferente en español 😊 En inglés, recomienda "¡Golpea una almohada!")

Si te enojas y lo sabes, a bailar ... "¡Je - pa!"

Si te enojas y lo sabes, a bailar ... "¡Je - pa!"

Si te enojas y lo sabes, ¡controlarlo tú si puedes!

Si te enojas y lo sabes, a bailar.

4 (You will see that this verse is different in Spanish, which recommends, "Dance!")

If you're angry and you know it, pound a pillow, "Whap, whap!"

If you're angry and you know it, pound a pillow, "Whap, whap!"

If you're angry and you know it, that's okay, you can control it!

If you're angry and you know it, pound a pillow, "Whap, whap!"

5

Si te enojas y lo sabes, a pasear ... "Tap – tap" (X X -- sonidos de golpeteo / tapping sounds)

Si te enojas y lo sabes, a pasear ... "Tap – tap" (X X -- sonidos de golpeteo / tapping sounds)

Si te enojas y lo sabes, ¡controlarlo tú si puedes!

Si te enojas y lo sabes, a pasear ... "Tap – tap" (X X -- sonidos de golpeteo / tapping sounds)

5

If you're angry and you know it, take a walk, "Walk, walk!"

If you're angry and you know it, take a walk, "Walk, walk!"

If you're angry and you know it, that's okay, you can control it!

If you're angry and you know it, take a walk, "Walk, walk!"

6

Si te enojas y lo sabes, relájate--- "Aa-aa-aa!"

Si te enojas y lo sabes, relájate--- "Aa-aa-aa!"

Si te enojas y lo sabes, ¡controlarlo tú si puedes!

Si te enojas y lo sabes, relájate--- "Aa-aa-aa!"

6

If you're angry and you know it, just relax, "Ah-h-h!"

If you're angry and you know it, just relax, "Ah-h-h!"

If you're angry and you know it, that's okay, you can control it!

If you're angry and you know it, just relax, "Ah-h-h!"

INVITE A LOS CANTANTES A COMPONER Y ACTUAR SUS PROPIOS VERSOS:

Si te enojas y lo sabes, _____

Si te enojas y lo sabes, _____

Si te enojas y lo sabes, ¡controlarlo tú si puedes!

Si te enojas y lo sabes, _____

INVITE SINGERS TO MAKE UP -- AND ACT OUT -- THEIR OWN VERSES:

If you're angry and you know it, _____

If you're angry and you know it, _____

If you're angry and you know it, that's okay, you can control it!

If you're angry and you know it, _____

Tune: popular children's folk song, "If You're Happy and You Know It, Clap Your Hands." Lyrics are copyright 1982 by Linda K. Williams

Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/> Lead Singer and Producer Andy Murray

AndyandTerryMusic@icloud.com YouTube link for album https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

Amazon.com link for album https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46

3. DIGO NO CUANDO QUIERO (2:48)

Traducido al español por Bianca Del Río, modificado por JK Keller
<https://betterworld.bandcamp.com/track/digo-no-cuando-quiero-i-can-say-no-when-i-want-to>

I CAN SAY "NO" WHEN I WANT TO (2:43)

Song #7 on album Caring and Capable Kids, Vol. 1

INGLÉS https://www.youtube.com/watch?v=hZpyy3ZEtrs&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=7

Invitaciones de Pensar y Compartir

TENGA EN CUENTA: Dígales a los estudiantes que NO usen nombres de otros mientras comparten estas experiencias.

* Piensa y comparte sobre un momento en el que dijiste "¡No!" por tu propio bien, y cómo te sentiste al hacerlo.

* Piensa y comparte sobre un momento en el que desearías haber dicho "¡No!" pero fuiste influenciado/a por la presión de tus compañeros.

* ¿Cómo te sientes al decir que no?

Think and Share Invitations

PLEASE NOTE: Tell students to NOT use names of others as they share these experiences.

- * Think and share about a time when you said "No!" for your own good, and how you felt about doing that.
- * Think and share about a time when you wish you had said "No!" but were swayed by peer pressure.
- * How do you feel about saying no?

REFRÁN:

**Digo "NO" cuando quiero,
Digo "NO" cuando creo así.
Digo "NO" cuando quiero,
Digo "NO" si es mejor para mí.**

REFRAIN:

I can say "No" when I want to,
I can say "No" when I think I should.
I can say "No" when I want to,
I can say "No" when it's for my own good.

1.

**Sí, otros insultan y rían de mí,
Pero no soy ellos -- ¡yo decido por mí!
Digo "NO" cuando quiero, digo "NO" cuando creo así.**

1.

Yeah, my friends may laugh and call me names,
But it's my life, not theirs, I claim,
I'll say "No" when I want to, I'll say "No" when I think I should!

REFRÁN:

**Digo "NO" cuando quiero,
Digo "NO" cuando creo así.
Digo "NO" cuando quiero,
Digo "NO" si es mejor para mí.**

REFRAIN:

I can say "No" when I want to,
I can say "No" when I think I should.
I can say "No" when I want to,
I can say "No" when it's for my own good.

2

Si todos lo hacen, ¿qué más da?

No lo hago --- ¡la decisión es mía!

Digo "NO" cuando quiero, digo "NO" cuando creo así.

2

If "everybody"'s doing it, just the same,

that doesn't mean I've got to play their game,

I'll say "No" when I want to, I'll say "No" when I think I should!

REFRÁN:

Digo "NO" cuando quiero,

Digo "NO" cuando creo así.

Digo "NO" cuando quiero,

Digo "NO" si es mejor para mí.

REFRAIN:

I can say "No" when I want to,

I can say "No" when I think I should.

I can say "No" when I want to,

I can say "No" when it's for my own good.

3.

Que les caiga bien es lo que quiero, pero más importante es ser sincero

Digo "NO" cuando quiero, digo "NO" cuando creo así.

3.

I want them all to like me, that's for sure. Being true to myself has got to be worth more.

I'll say "No" when I want to, I'll say "No" when I think I should!

(INSTRUMENTAL INTERLUDE 😊)

REFRÁN:

Digo "NO" cuando quiero,

Digo "NO" cuando creo así.

Digo "NO" cuando quiero,

Digo "NO" si es mejor para mí.

REFRAIN:

I can say "No" when I want to,

I can say "No" *when I think I should. (SPOKEN)*

I can say "No" *when I want to, (SPOKEN)*

I can say "No" *when it's for my own good. (SPOKEN)*

4.

Si el camino no es bueno, yo no voy – corderito siguiendo, ¡pues yo no soy!

Digo "NO" cuando quiero, digo "NO" cuando creo así.

4.

If I don't like where they're leading, I won't follow like a lamb;

I'll make my own decisions and stand by them,

and say "No" when I want to, I'll say "No" when I think I should!

5.

Si no me gusta a donde guían, no seguiré ... (DICHO)

Haré mis propias decisiones --- (DICHO)

y decir "NO" cuando quiero,

diré "NO" cuando creo que debo.

5.

I can say "No"---"Nah"---when I want to.

I can say "Hunh-uh" when I think I should.

I can say "No-o-o way!"

I can say "Unh!"---It's for my own good.

If I don't like where they're leading, I won't follow...

I'll just make my own decisions,

And say "No" when I want to,

I'll say "No" when I think I should.

REFRÁN:

Digo "NO" cuando quiero,

Digo "NO" cuando creo así.

Digo "NO" cuando quiero,

Digo "NO" si es mejor para mí.

VERSO 4, OTRA VEZ

Si el camino no es bueno, yo no voy – corderito siguiendo, ¡yo no soy!

Digo "NO" cuando quiero, digo "NO" cuando creo así.

VERSION FINAL DEL REFRAN:

Digo "NO"

Digo "NO" (DICHO)

Digo "¡Qué va!" (DICHO)

O digo "¡Ni hablar!" (DICHO)

Digo "¡Jamás!" (DICHO)

O digo "¡De ninguna manera!" (DICHO)

Digo "NO" cuando quiero, digo "NO" cuando creo así.

THE ENGLISH VERSION ENDS WITH THIS... 😊

6.

I can say "No-o-o way!"

I can say "Unh-uh,"

I can say "Unh---No!"

I can say "Mmmmh-mm!"

If I don't like where they're leading, I won't follow...

I'll make my own decisions ...(THE ENGLISH RECORDING ENDS / FADES HERE)

Copyright 1984 by Linda Kay Williams Linda.BetterWorld@gmail.com CaringandCapableKids.com <https://caringandcapablekids.com/>

Lead Singer and Producer Andy Murray AndyandTerryMusic@icloud.com

YouTube link for album https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

Amazon.com link for album [https://www.amazon.com/Caring-Capable-Kids-Vol-](https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46)

[1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46](https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46)

Canción por Linda K. Williams, Cantado por JK Keller, Grabado por Andy y Terry Murray

4. JUNTOS CONTRA EL PROBLEMA, NO YO CONTRA TI (2:25)

Traducido al español por Samantha Cabrera y modificado por Silvia Madrigal y JK Keller
<https://betterworld.bandcamp.com/track/juntos-contr-el-problema-no-yo-contr-ti-its-us-against-the-problem-not-me-against-you>

IT'S US AGAINST THE PROBLEM, NOT ME AGAINST YOU (2:46)

Song #9 on album Caring and Capable Kids, Vol. 2

INGLÉS: <https://betterworld.bandcamp.com/album/its-us-against-the-problem-andy-and-terry-murrays-recording>

Ⓢ **For Songs connected with 5 Reproducible stories from Chicken Soup for the Soul: Stories for a Better World**
<https://kwbetterworld.files.wordpress.com/2021/05/5-17-21-csbw-5-sample-stories-w.-songs-bonus-resources-and-list-of-other-stories.pdf>

Invitaciones de Pensar y Compartir

- * Piensa y comparte de un tiempo que tuviste una problema con alguien, pero pudiste trabajar para resolver el problema.
- * Comparte cuál de estos te ha ayudado: ~ piensalo un rato, ~comparte tus emociones, ~trabajalo, ~ dale tiempo, ~ estar acuerdo de estar en desacuerdo (por lo menos por un rato).

Think and Share Invitations

* Think and share about a time when you had a problem with someone, but you managed to work with them

*Share which of the following have been helpful for you: ~ think it through, ~ talk it out, ~ share feelings, ~ work it out, ~see it through, ~ agree to disagree (at least for a while).

1

**Juntos contra el problema, no yo contra ti.
Juntos contra el problema, cuánto más por ganar.
Me pongo en tu lugar, y tú te pones en el de mí –
Juntos contra el problema, hay mucho por lograr.**

1

It's us against the problem, not me against you.
It's us against the problem; let's see what we can do.
I'll "put myself in your shoes," you'll "try on my shoes," too.
With us against the problem, there's lots that we can do!

CORO:

**Así que vamos a pensarlo...
discutirlo también...
compartir sentimientos.
Puede ser difícil,
pero a perseverar,
y arreglar –
o quizás acordemos de diferenciar.**

CHORUS

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

2

**Puede ser que el problema empezó por un error.
Hay malentendidos y amistades que dan dolor.
Pero cuando lo platicamos, descubrimos la verdad;
Juntos contra el problema, nos sentiremos mejor ya.**

2

It may be that our problem got started by mistake.
Misunderstandings happen, and friendships they can break.
But when we talk it over, we'll find out what went wrong.
With us against the problem, we'll feel better before long. (CHORUS)

CORO:

**Así que vamos a pensarlo...
discutirlo también...
compartir sentimientos.
Puede ser difícil,
pero a perseverar,
y arreglar –
o quizás acordemos de diferenciar.**

CHORUS

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

3

**Un problema no resuelto nos hace enemigos,
No debemos permitirlo, pues nos hiere a los dos.
Tenemos tanto en común, amigos de verdad;
Juntos contra el problema, amigos al final.**

3

Sometimes an unsolved problem can make us enemies;
We shouldn't let that happen, 'cause it hurts both you and me.
We've got so much in common, that I'm sure we can be friends.
With us against the problem, we can be friends, in the end! (CHORUS)

CORO:

**Así que vamos a pensarlo...
discutirlo también...
compartir sentimientos.
Puede ser difícil,
pero a perseverar,
y arreglar –
o quizás acordemos de diferenciar.**

CHORUS

So we'll think it through, (Think it through!)
talk it out, (Talk it out!)
our feelings share, (Feelings share!)
It may not be so easy, but we'll...
see it through, (See it through!)
and work it out; (Work it out!)
Or maybe for a while we'll just agree to disagree!

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