

# Fresh Air Learning Elementary School

## Lyrics to Gathering Songs

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## Babala Gumbala

*Traditional Yaruba Tribe Greeting Song*

[Performed by Melinda Carroll Music](#)

Call and Response

Babala gumbala, la gumbala, haveza.

Babala gumbala, la gumbala, haveza.

Hey na na na na haveza.

Hey na na na na haveza.

Haveza,

Haveza,

Haveza,

Haveza.

## Blessed Am I

*Unknown attribution / Lyrics by Tricia Edgar*

[Fresh Air Learning Recording](#)

Blessed am I  
by misty mountains

Blessed am I  
by falling rain  
Blessed am I  
by all around me  
To this land  
we'll come again

## **Birthday Song**

*Unknown attribution*

[Fresh Air Learning Recording](#)

[Louise Lecouffe Recording](#)

Happy Birthday to You  
We're so glad you're alive  
You're a gift of the earth  
Bless the day of your birth

May your life be long  
May your love grow strong  
May you know your worth  
Bless the day of your birth

## **Boom Snap Clap**

[Mrs. Ankrum's Music Room](#)

[Richard Filz](#)

[Body Percussion]

## **Breathe Me In**

*Music and Original Lyrics by Mackenzie Myers*

[Performed by Mackenzie Myers](#)

Breathe me in, Breathe me in,  
I feel the wind rustlin' my limbs again

Sing me in, Sing me in,  
I hear the birds whistlin' my tune again

Dance me in, Dance me in,  
I feel the people drummin' to my heartbeat again.

Drink me in, Drink me in,  
I feel the river rushing through my veins again

## Breaths

*Poem by Birago Diop and Music by Ysaye Maria Barnwell*

[The Bird Sings Recording](#)

<https://www.ymbarnwell.com/song-lyrics>

Listen more often to things than to beings  
Listen more often to things than to beings  
It is the ancestor's breath with when the fire's voice is heard  
It is the ancestor's breath in the voice of the water

## Come Join the Circle

*Music and Original Lyrics by Paulette Meier*

[Paulette Meier Recording](#)

Come join the circle  
Come join the circle, children  
Come join the circle  
Come and join us in the circle

## Down in the River

*Music and Original Lyrics by Alison Krauss*

*Adapted Lyrics by Hana Hermanek*

[Allison Krauss Recording](#)

*1st verse*

As I go down to the river to play  
Gathering all my friends along the way (action opening arms and closing towards body)  
With open hearts and open arms (action: make a heart with hands over heart, and open arms)  
Oh Joy, show me the way

*Chorus + Action (marching on the spot)*

Oh join us, let's go down  
Let's go down, come on down.  
Oh join us, let's go down

Down to the river to play

*2nd verse*

As I go into the forest to play

...(same)

*Chorus + Action* (linking arms with the person next to you and swinging around and switching directions halfway through the verse)

*3rd verse*

As I go up to the mountains to play

....(same)

*Chorus + Actions* (bring hands up together above the head like a mountain)

*4th verse*

As I march down the trail to play

...(same)

*Chorus + Action* (marching towards the center of the circle and back to spot)

*5th verse*

As I jump into the meadow to play

...(same)

*Chorus + Action* (hopping towards the center of the circle and back)

*6th verse*

As I go down to the ocean to play

...(same)

## **Earth Song / Turn the World Around**

*Words & Music by Harry Belafonte*

[Harry Belafonte and the Muppets](#)

We come from the mountains, we come from the mountains

Go back to the mountains, turn the world around

We come from the mountains

Go back to the mountains, turn the world around

Go back to the mountains, turn the world around

We come from the water, we come from the water  
Go back to the water, turn the world around

We come from the water  
Go back to the water, turn the world around  
Go back to the water, turn the world around

We come from the fire, we come from the fire  
Go back to the fire, turn the world around

We come from the fire  
Go back to the fire, turn the world around  
Go back to the fire, turn the world around

We come from the sky, we come from the sky  
Go back to the sky, turn the world around

We come from the sky  
Go back to the sky, turn the world around  
Go back to the sky, turn the world around

So we come from the mountains, we come from the water  
Go back to the fire, turn the world around

We come from the sky  
Go back to the sky, turn the world around  
Go back to the sky, turn the world around  
Go back to the sky, turn the world around  
Yes go back to the sky... turn the world around

## **Eel River Song**

*Words & Music by Meredith Buck*

[Recording of The Bird Sings](#)

### **Part I:**

Listen, listen, listen, listen

### **Part II:**

Lay yourself down on the rocks now

Let your body down in the river  
Listen for the drumming on the other side  
Lose yourself in the meantime

**Part III:**

Listen  
Let your body be your guide  
Let the water decide  
Lose yourself in the meantime

## Fire of Creation

*Adapted from Words & Music by Abbi Spinner McBride*

[Fresh Air Learning Recording](#)

[Abbi Spinner McBride Recording](#)

Fire of creation  
Fire of illumination  
Fire of transformation  
Fire of a peaceful nation

And it starts very quietly  
And it starts with a spark <snap fingers on “spark”>  
And it starts in the centre  
And it starts in our hearts

## Fire's Burning

*Source: "Jubilee Songbook", Girl Guides of Canada, 1971*

[Fresh Air Learning Recording](#)

Fire's burning (2x)  
Draw nearer (2x)  
In the glowing (2x)  
Come sing and be merry

## Freedom Song

*Words & Music by Joe Crookston (Originally titled "If I Say Yes.")*

[Performed by Beautiful Chorus](#)

[Performed by Len Seligman](#)

I can feel my heartbeat  
Beating to the rhythm of the freedom song

When I say yes to the beat in me  
I can set my spirit free

When I say yes to the beat in you  
We can let our light shine through

## **Funga Alafia**

*Attributed it to the Hausa people of Nigeria*

[Performed by Nana Malaya](#)

Funga Alafia, Ase, Ase. (x 2)  
Ase ase (x 4)

## **Grateful to Be**

*Words & Music by Nicole Wong*

[Performed by Singing Alive](#)

I am grateful to be  
Breathing, heart beating, joyous, and free  
Even though hard times are all around me  
I am grateful to be

Like the birds in the sky  
Like the dragonfly  
Like the trees listening  
What lives in them lives in me

## **I Had a Little Rooster**

*Also known as the Barnyard Song*

[Performed by Andrea Eilers](#)

Had a little rooster by the barnyard gate,  
That little rooster was my playmate,  
That little rooster went cock-a-doodle-doo,  
Dee-doodle-dee, doodle-dee, doodle-dee-doo



## **I hear the Wolf and the Fox and the Weasel**

*Traditional French-Canadian Song*

[Performed by Jane Valencia](#)

<http://foresthalls.org/wolffox.html>

I hear the Wolf and the Fox and the Weasel  
I hear the Wolf and the Fox singing  
(repeat both lines)

And in ten years I will come back  
I hear Wolf and the Fox singing  
(repeat both lines)

## **I Sing Because I'm Happy**

*Lyrics by Hana Hermanek / Sung to "His eye is on the sparrow" (African American Spiritual)*

[Fresh Air Learning Recording](#)

Begin with clapping the rhythm

I sing because I'm happy  
I sing because I'm free  
I keep my eyes on the Sparrows (any two-syllable nature being here)  
And I know they are watching me!

x as many times as you like

(Finish with)  
I'm so happy yes!  
I'm so happy yes I am!

x as many times as you like.

## **I love the mountains**

*Traditional camp tune*

[YouTube Video](#)

Boom-dee-ada  
Boom-dee-ada  
Boom-dee-ada  
Boom-de-aya

I love the mountains  
I love the rolling hills  
I love the fountains  
I love the daffodils  
I love the fireside when all the lights are low

## **I'm a Wild One Now**

*Words & Music by Sage Stanzler*

[Fresh Air Learning Recording](#)

[Singing Alive Recording](#)

Let the sun shine down and warm my bones  
Let the birds and the bees come and take my clothes  
Cause I'm a wild one now made of wind and rain  
I'm wild and I ain't going back again

Let the stars shine down and fill my heart  
Let the beaver and the bear teach me of their art  
Cause I'm a wild one now made of fat and fish  
The tending of the wild is my greatest wish

Let the moon shine down and cleanse my soul  
Let the wolves and the owls come and tend my coals  
Cause I'm a wild one now made of stars and dreams  
I'm wild and I'm part of everything  
I'm wild and I'm part of everything

Note: For younger children, substitute "let the birds and the bees come and kiss my nose" in place of "let the birds and the bees come and take my clothes."

## **Love the world**

*Words & Music by Sweet Cascadia*

[Fresh Air Learning Recording \(solo\)](#)

### **To the hemlocks waving in the wind**

We love you, We love you

### **To the hemlocks waving in the wind**

We love the way you call our names

### **To the alligator lizard in the sun**

We love you, We love you

**To the alligator lizard in the sun**

We love the way you call our names

*Chorus*

You call our names and we call yours

We get along when we're outdoors

You call our names and we call yours

We love the way you call our names

**To the seastars clinging to the rocks**

**To the juicy salmonberries in the spring**

*Chorus*

**To the chanterelles spreading through the soil**

**To the golden-eye parade across the bay**

## **My roots go down to the earth**

*Words & Music by Sarah Pirtle*

[Fresh Air Learning Recording](#)

[Annie Patterson Recording](#)

I am **a raccoon scavenging for food** (3x)

My roots go down

My roots go down, down into the earth (3x)

My roots go down

\*\* Repeat substituting other words for "**a raccoon scavenging for food**" (e.g., an eagle soaring overhead)

## **O Morning What A Joy!**

*Words & Music by Laurence Cole*

[Performed by Laurence Cole](#)

O Morning, what a joy! (3x)

Walking through you in the sun

## Once there was a snowman

*Words and music: Moïselle Renstrom*

[Performed by Andrea Eilers](#)

Once there was a snowman, snowman, snowman,  
Once there was a snowman, tall, tall, tall.  
In the sun he melted, melted, melted.  
In the sun he melted, small, small, small.

## Put Your Roots Down

*Author unknown*

[Performed by Thrive Choir](#)

Put your roots down  
Put your feet on the ground  
You can hear what she says  
If you listen

It's the sound of the river  
As it moves across the stones  
It's the same sound as the blood in your body  
As it moves across your bones

Are you listening?  
Are you listening?

## Rocko Rocko

*No known source*

[Primitive Pursuits Rocko Rocko](#)

Lyrics: (I tend to omit "me" in the first part)

1st part:

I wanna find a rocko, rocko, I wanna find a rocko rock  
I wanna find a rocko rocko, I wanna find a rocko rock.

2nd part:

Oh, rock nation, teach me patience

I tend to sing this with the kids slow, and then speed it up really quickly. I haven't tried singing the two parts at the same time yet.

## Rise Up O Flame

*Traditional song, melody by Christoph Praetorius*

[Fresh Air Learning Recording](#)

[Performed by Noe's Garden](#)

Rise up, O flame  
By thy light glowing  
Bring to us beauty, vision, and joy

## Thank you for this food

*Words & Music by Patricia McKernon*

[Fresh Air Learning Recording \(solo\)](#)

[Quest for meaning Recording](#)

Thank you for this food  
This food  
This glorious, glorious food

And the animals, and the vegetables, and the minerals  
That make it possible  
And the cooks and the cooks and the cooks

## This is the Forest Song

*Attribution Unknown*

[Fresh Air Learning Recording](#)

*Call and Response – each line*

This  
This is the Forest Song  
We sing it all night long  
When the people are gone  
I'm a (add in name of an animal)  
(Make noise of the animal)

## Trees grow slow

*Words & Music by Laurence Cole*

[Fresh Air Learning Recording \(line by line\)](#) and [Fresh Air Learning Recording \(sung fully\)](#)

[Laurence Cole Performance](#)

Trees grow slow  
Trees grow strong  
Trees sway in the wind their whole lives long

Trees hold the ground  
As they reach for the sky  
And fallen trees still feed the seeds  
They cast before they die

## **Voy Caminando**

*Taught by Azul Duque and Kyra Fay as a ballad  
(Lyrics offered by Azul and Kyra – different from recording)*

[Clã Colibrís Recording](#)

Voy caminando en la noche  
solamente la luna me guia

A cada paso me adentro del Bosque  
voy con convirtiendo me en sombra

Busco en la Tierra el origen  
y en el agua la memoria

Busco en el aire la inspiracion  
y en el fuego mi Corazon

## **Water Song**

In the language of the water spirits  
*Gifted to FAL students from Anishinaabe Elder Stacy Gallagher*  
[Wichita-do-ya Water Song Théo Redsky Paradis](#)  
[Swirling Water - Jean Billings \(Naanookaasiwag\) & Kelly Welch](#)

Wishita dooyah dooyah dooyah  
Wishita dooyah dooyah hey  
Wishita dooyah dooyah dooyah  
Wishita dooyah dooyah hey

Wishita nay ya hey ya hey ya  
Wishita nay ya hey ya hey  
Wishita nay ya hey ya hey ya  
Wishita nay ya hey ya hey

## **Watershed Song**

*Words & Music by Hana Hermanek*

[Fresh Air Learning Recording](#)

It starts with a "W" and ends with a "D"  
There are lots of tiny creeks and really big trees  
It was carved out by a glacier  
Yeah, that's what I said!  
It's where I get my water, it's a watershed!

## **We Shall Be Known**

*Words & Music by Karisha Longaker of [MaMuse](#)*

[MaMuse Recording](#)

We shall be known by the company we keep  
By the ones who circle round to tend these fires  
We shall be known by the ones who sow and reap  
The seeds of change, alive from deep within the earth

It is time now, it is time now that we thrive  
It is time we lead ourselves into the well  
It is time now, and what a time to be alive  
In this Great Turning we shall learn to lead in love  
In this Great Turning we shall learn to lead in love

## **We Speak**

*Words & Music by Vanessa Richards*

[Fresh Air Learning Recording](#)

We speak  
Letting the language find our lips  
We speak  
Blessing the air that we sip  
We speak  
And the world comes alive

We speak  
And something blooms inside

## When I was young

*Words & Music by T'Jen Bishop*

[Performed by Beautiful Chorus](#)

[Fresh Air Learning Recording](#)

Call and Response

When I was young  
I was the sun  
Shining through the trees  
And to the earth

When I was young  
I was the mountain  
Knew all the birds  
Had my own vision

When I was young  
I was the river  
Flowing through the mountains  
Into the sea

When I was young  
I was the ocean  
Held all my friends  
Until the end

I am I am  
I am I am  
I am I am  
I am I am

We are We are  
We are We are  
We are We are  
We are We are



## Wood, Stone, Feather and Bone

*Words & Music by Joules Graves*

[Brett Holmquist Arrangement](#)

[Performed by Joules Graves](#)

Wood, stone, feather and bone  
Rolling of the ocean guide us home  
Wood, stone, feather and bone  
Rolling of the ocean guide us home

Wolf and raven  
Wolf and raven

In my soul, in my soul  
In my soul, in my soul

River sea cedar tree  
Howling of the wind gonna set us free  
River sea cedar tree  
Howling of the wind gonna set us free

Eagles and salmon  
Eagles and salmon

In my soul, in my soul  
In my soul, in my soul

Storm clouds from the south  
Wind and the rain are here again  
Storm clouds from the south  
Wind and the rain are here again

Thunder and lightning  
Thunder and lightning

In my soul, in my soul  
In my soul, in my soul

Moonlight shining bright  
Shine your light all through the night  
Moonlight shining bright  
Shine your light all through the night

Laughing and crying  
Laughing and crying

In my soul, in my soul  
In my soul, in my soul

*Lyrics by Nala B. (student):*

Seed, flower, salmonberry bush  
How is the sun going to bring new life?  
Seed and flower  
In my soul

*Lyrics from Soaring Eagle:*

Deer, trout, bunny and bear  
Bounding through the woods like a snowshoe hare  
Sparrow and spiders  
Sparrow and spiders

## **You could be a salmon**

*Words & Music by Sweet Cascadia*

[Fresh Air Learning Recording](#)

You could be a salmon swimming in the ocean  
You could be living for that upstream motion  
You could be a sockeye dying in a creek  
Back to the land in a couple of weeks

You could be a cedar, growing on the shoreline  
Every year salmon like an ancient timeline  
Eating from the soil, drinking up the rain  
Standing through the seasons, time and again

*Chorus*

If you decide (if you decide)  
That you're going to eat salmon (going to eat salmon)  
You've got to know (you've got to know)  
How to keep the cycle going (keep the cycle going)...

You could be a bear cub, learning how to fish  
You could say that salmon is your favorite dish

Take it from the river, eat it by the shore  
Leave some for the forest, and then back for more

You could be an eagle, flying for a steal  
You could say that salmon is your favorite meal  
You could be hovering, airborne and weightless  
You could be interdependent and state-less

*Chorus*

You could be a valley, twin-forest hillsides  
You could be a home, protected from the outsides  
You could feel the water flowing or chasing  
A bioregion, a watershed basin

You could be a river, carving out stone  
Carrying the rain to its ultimate home  
Carrying the forest always in reach  
Rolling over rocks to a salty beach

*Chorus*