

Fresh Air Learning Elementary School

Lyrics to Gathering Songs

Contents

| | |
|--|----|
| Babala Gumbala | 2 |
| Blessed Am I..... | 2 |
| Birthday Song..... | 2 |
| Breaths..... | 3 |
| Down in the River..... | 3 |
| Earth Song / Turn the World Around..... | 4 |
| Eel River Song..... | 5 |
| Fire of Creation | 5 |
| Fire’s Burning | 6 |
| Freedom Song..... | 6 |
| Funga Alafia..... | 6 |
| Grateful to Be..... | 7 |
| I hear the Wolf and the Fox and the Weasel | 7 |
| I’m a Wild One Now | 7 |
| Love the world | 8 |
| My roots go down to the earth..... | 8 |
| O Morning what a joy!..... | 9 |
| Rise Up O Flame..... | 9 |
| Thank you for this food..... | 9 |
| This is the Forest Song | 10 |
| Trees grow slow | 10 |
| We Shall Be Known | 10 |
| We Speak | 11 |
| When I was young..... | 11 |
| Wood, Stone, Feather and Bone..... | 12 |
| You could be a salmon | 13 |

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

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

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

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 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'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

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

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

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 by Lexi T. (student):

Beaches, forests, mountains, and valleys
These are all great places to play
Playing and resting
In my soul

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