



MISS JULIEANN

RESILIENT CHILD

THERAPEUTIC SONGS FOR KIDS

LYRIC BOOK
AND
ALBUM NOTES



RESILIENT CHILD

RESILIENT CHILD by Miss Julieann

Upbeat, Uplifting and Engaging Songs about Mental Health for Kids

MISSION: All children will eventually experience some sort of trauma. That's why Miss Julieann, a music therapist and award winning children's musician, believes we need to teach resilience skills before it happens, not wait until after. Resilient Child is a research based musical guide to help kids develop the very resilience skills that will help them navigate life's inevitable challenges. In the same way that we learn the ABCs, this album is designed to help children learn how to identify support systems, coping skills, communicate their emotions and regulate their bodies during stress.

A NOTE FROM MISS JULIEANN:

While working as a music therapist assessing the neurological impacts of the toughest child abuse cases in my state, I learned that resilience skills- particularly the skills of being able to connect, regulate and reason- were the best tools to help children avoid the long term neurological impacts of trauma. With songs about developing support systems, coping skills, emotional expression and self worth, this album helps teach children how to recover from stress, challenge, and life's inevitable traumas.

On a serious note, I wrote this album while literally fighting for my life from a neurological lyme infection. Completely disabled and with my body failing rapidly, my doctors told me to put my affairs in order. I knew from the wise psychologist, Viktor Frankl, the author of *Man's Search for Meaning*, that I needed to identify a powerful purpose to my life in order to survive. This mission, to teach kids how to survive the unsurvivable, became my purpose.

For more resources, go to:
www.missjuleann.com
[@missjuleannmusic](https://www.instagram.com/missjuleannmusic)



ALBUM CREDITS:

THE BAND: Julieann Hartley (vocals, piano, melodica), Joseph Pierog (vocals, bass, percussion, guitar), Brady Magee (mandolin), AVDREY (fiddle).

PRODUCED BY: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis, Fyütch (4), Stephanie Leavell (5)

ADDITIONAL VOCAL CONTRIBUTIONS: Laurie Berkner, Fyütch, Stephanie Leavell, Propel Schools Performing Arts Academy, Nevaeh Ivy-Morris, Sulaiman Walker, Loryn Germany, Ke'Alah Kyles. Allison Morin, Chelsea Hedquist, Anika Hedquist, Nellie Hedquist, Violet Curren, Hazel Curren, Kristen Curren, Sierra Uhlendorf, Ada Uhlendorf and Maya Hartley-Rodriquez.

ADDITIONAL MUSIC CONTRIBUTIONS: James Campbell (banjo), Fyütch (hip hop beat)

MIXING: Kenny Siegal and Matt Cullen at Old Souls Studio

MASTERING: Greg Calbi at Sterling Sound

Songs written by Julieann Hartley. Copyright 2023 Miss Julieann (ASCAP)

ALBUM ART: Julieann Hartley, consulting with Kerry Uhlendorf

PHOTOGRAPHY: Jennifer Bakos Photography

HAIR: Samm Flanders

THANKS: I'd like to give a big thanks to you! Thank you for listening and believing in a better world. Also special thanks to Jason Morse, Rebecca Keyes and Kerry Uhlendorf for holding space for me on the rough days. Joseph Pierog for always being up for a new musical adventure. Alisha Gaddis, Lucy Kalantari, Claudia Robin Gunn, Lucy Hiku and Stephanie Leavell for listening, giving notes and advising me. The Concord Community Music School for giving my career life. Mackensie Uhlán and Tyler Moeller for saving my life. My music therapy clients for trusting me and teaching me. All my family and friends for supporting me on this journey. And as always, to the white pines, oaks, acorns, milkweeds, evening primrose, aronias, lavenders, monarchs, bumblebees and robins- thanks for being there each cycle around the sun. I promise to continue to create the kind of world where we all have a home.



1. WHO ARE THE PEOPLE YOU GO TO?

(FEAT. LAURIE BERKNER)

LYRICS

Chorus:

Who are the people you go to?
Who are the people that care?
Who are the people you go to,
when your heart is in despair?
(repeat)

Verse 1:

I go to my friend Laurie,
I go to my friend Laurie,
I go to my friend Laurie,
when my heart is in despair.

Chorus

Verse 2:

I go to my family, I go to my family, I go to my family,
when my heart is in despair.

Verse 3:

I go to my dog, I go to my dog, I go to my dog,
when my heart is in despair.

Chorus

Verse 4:

Now dance around with the people that love you,
Dance around with the people that care,
Dance around with the people that love you,
When your heart is in despair.

Now swing around with the people that love you,
Swing around with the people that care,
Swing around with the people that love you,
When your heart is in despair.

Give a hug to the people that love you,
Give a hug to the people that care,
Give a hug to the people that love you,
When your heart is in despair.

Chorus



ABOUT THE SONG:

Connecting with others during times of stress is one of the most important resilience skills to learn. Connection helps regulate the body and is a key part of helping children process stress and trauma. I designed this song to help young children begin identifying their support systems. I wanted a song that would be easy for parents, teachers and therapists to sing with kids over and over again, so that children would have it wired into their brains, making it easily accessible during moments of crisis.

I also want to give a huge thank you to Laurie Berkner and her team for adding her vocals to this song. Her music has been a powerful tool in my music therapy career. For more information about Laurie Berkner, head to laurieberkner.com

SONG CREDITS:

Written by Julieann Hartley. Vocals: Julieann Hartley, Laurie Berkner, Violet Curren, Joseph Pierog. Mandolin: Brady Magee. Banjo: James Campbell. Guitar, Bass, Percussion: Joseph Pierog. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.

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2. YOU SUPPORTED ME

SONG CREDITS: Written by Julieann Hartley. Vocals: Julieann Hartley, Joseph Pierog. Mandolin: Brady Magee. Banjo: James Campbell. Guitar, Bass, Percussion: Joseph Pierog. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.

ABOUT THE SONG:

This is a joyful and uplifting story song for exploring support systems. It gives an example of someone seeking connection when they are feeling sad or alone. By using imaginative play, dancing and singing, the song shows children how we might support one another during times of stress.

LYRICS

Verse 1:

I woke up in the morning and I was feeling alone,
I took a breath and called my friend up on the phone.
They said, "Hey friend, I know what we can do,
Let's go on an adventure just me and you..."

Chorus:

So we, we danced with dragons,
And we ran to the zoo.
We swam with sharks and hopped with kangaroos.
We raced with lions and we sailed the sea.
I feel so much better now 'cause you,
You played with me,
You danced with me,
You jumped with me,
You supported me.

Verse 2:

The next day, I saw my dad feeling blue,
I said, "Hey Dad, I can empathize,
I've been there too.
You know what, I know what we can do,
Let's go on an adventure just me and you..."

Chorus:

So we, we danced with dragons
And we ran to the zoo,
We swam with sharks and hopped with kangaroos,
We raced with lions and we sailed the sea,

My dad said, "I feel better now 'cause you,
You played with me,
You danced with me,
You jumped with me,
You supported me."

Verse 3:

So the next time, you're feeling blue,
Use a coping skill and call a friend or two,
Maybe you can support your friend too,
There's so much power in what a friendship can do.
Yeah we,

Chorus:

We danced with dragons and we ran to the zoo
We swam with sharks and hopped with kangaroos,
We raced with lions and we sailed the sea,
I feel so much better now 'cause you...
(repeat chorus acapella)

You supported me,
You supported me,
You supported me!

Outro:

La, la, la, la, la, la, la, la,
La, la, la, la, la, la, la, la!



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3. GRATITUDE SONG



SONG CREDITS: Written by Julieann Hartley. Vocals: Julieann Hartley, Allison Morin, Chelsea Hedquist, Anika Hedquist, Nellie Hedquist, Violet Curren, Hazel Curren, Kristen Curren. Mandolin: Brady Magee. Guitar, Bass, Percussion: Joseph Pierog. Fiddle: AVDREY. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.



LYRICS

Chorus:

Yes, you've got a power, a power so strong,
You can help others with your gratitude song,
When you tell someone I appreciate you,
You fill them with joy, that's what you can do.

My friend help me the other day,
I said thank you that was really great,
And they smiled big, they smiled wide,
Now, we're two best friends, standing side by side.

Chorus:

Yes, You've got a power, a power so strong,
You can help others with your gratitude song,
When you tell someone I appreciate you,
You fill them with joy, that's what you can do.

Bridge:

You fill them with joy, what a good gift to give,
You fill them with joy, what a good life to live.
You fill them with joy, what a gift to give.
Just a little bit of gratitude,
Spreads a lot of happiness,

Chorus:

You've got a power, a power so strong,
You can help others with your gratitude song,
When you tell someone I appreciate you,
You fill them with joy, that's what you can do

x2

ABOUT THE SONG:

Why have a song about gratitude in an album about resilience? We sing about it because the science behind gratitude and what it can do for the brain is absolutely fascinating.

The science: a gratitude practice can reduce anxiety and fear pathways in the brain. It can increase motivation pathways (helping us get those tough tasks done), and decrease inflammatory cytokines (helping our bodies feel less pain).

Experiencing gratitude through the act of giving it, receiving it and reflecting upon it, helps us activate our prefrontal cortex of the brain. This area of the brain is involved in our executive functioning skills, aka, our reasoning and problem solving skills. This happens to be the area of our brain that is downregulated during stress. When our prefrontal cortex is downregulated, we don't make great decisions and chronic stress can lead to poor decision making skills. We want to help children activate their prefrontal cortex during times of stress as quickly as possible, so we can appropriately problem solve our way through the stressful scenario.

Regularly practicing genuine gratitude is a great way of supporting our brain's reasoning skills, helping us develop empathy and connection with the people we love around us.

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4. WHERE DO YOU FEEL SAFE? (FEAT. FYÜTCH)

SONG CREDITS: Lyrics by Julieann Hartley. Music by Julieann Hartley and Fyüтч. Vocals: Julieann Hartley, Fyüтч, Propel Schools Performing Arts Academy, Nellie Hedquist. Mandolin: Brady Magee. Guitar, Bass, Percussion: Joseph Pierog. Hip Hop Beat: Fyüтч. Fiddle: AVDREY. Producers: Julieann Hartley, Fyüтч, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.



FYÜTCH!

LYRICS

Where do you feel safe?
Where is your safe space?
Where does your body feel strong?
Where can you sing your own song?

What is safe for you may not feel safe for me,
But a safe space is made from love and empathy,
Empathy, yeah, you know me.
What makes the body heal is love and empathy.

That's why we need a safe space.
So, where do you feel safe?

We need challenge to grow, we need safety to heal,
We need the opportunity to feel what we feel.
I can dance with the dragons, I can sail the seas,
'Cause I know I have a safe space waiting for me.
Yes, I am full of light and I am full of grace
When I'm safe in my body and safe in my space,
I am resilient and I am strong,
You can knock me down but I'll just carry on,
When darkness comes, I won't be a bystander
When you need help, I won't be a spectator,
I will make safe space, I will use my love and grace,
Cause I am resilient, I know I am safe.
Where do you feel safe?

I am safe, I am safe, I am safe, I am safe, I am safe.
Sing it with me:
I am safe, I am safe, I am safe, I am safe, I am safe.
I am safe, I am safe, I am safe, I am safe, I am safe.
I am safe, I am safe, I am safe, I am safe, I am safe.

Where do you feel safe?
Where is your safe space?
Where does your body feel strong?
Where can you sing your own song?

ABOUT THE SONG:

If I could summarize how to build up resilience with one line from my album, it would be this: "We need challenge to grow, we need safety to heal". Our brains and bodies grow and learn through challenge and little stressors. We need exposure to appropriate challenges in order to thrive. These stressful challenges put our body into a "sympathetic" mode, triggering stress hormones like cortisol. Little stressors can be great for triggering muscle growth and brain growth, however, that growth and recovery from the stress only happens once our body is back into our "parasympathetic" mode, or the mode where our body feels safe and calm.

For the resilience of our bodies, it is absolutely crucial that we identify people, places, communities and even memories where we feel safe. We physically cannot heal without these vital spaces. For children struggling with anxiety, stress and trauma, identifying those safe spaces is vital for their mental health.

Also, a special thanks to Fyüтч for contributing his vocals and beats to this song. I love his music and the way he works within the children's music community. He's always been the voice in my head inspiring these powerful words for the song and it wouldn't exist without him. To learn more about Fyüтч and his music, check out fyutch.com



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5. HEY BABY LULLABY (FEAT. STEPHANIE LEAVELL)

SONG CREDITS:

Written by Julieann Hartley. Vocals: Julieann Hartley, Stephanie Leavell. Mandolin: Brady Magee. Fiddle: AVDREY. Guitar, Bass: Joseph Pierog. Producers: Julieann Hartley, Stephanie Leavell, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.



LYRICS

Hey baby, hey baby, you know,
I'll always love you.
Even on my darkest day,
when distractions take me away,
you know, I'll always love you.
Like the stars in the sky,
like the light in your eyes, it's true.
I'll always, I'll always love you.

Hey baby, hey baby, you know,
I'll always love you.
Even when I'm feeling mad,
when I cry or I am sad, just know,
I'll always love you.
Like the stars in the sky,
like the light in your eyes, it's true.
I'll always, I'll always love you.

And I don't always know,
how to tell you and,
I don't always know,
how to show you, and
Even when there are no words left,
for me to say. Please know,
I will always love you.

Like the stars in the sky,
like the light in your eyes, it's true.
I'll always, I'll always love you.
Like the stars in the sky,
like the light in your eyes, it's true.
I'll always, I'll always love you.

ABOUT THE SONG:

This emotional and soothing lullaby helps parents and caregivers express and explain unconditional love to their children. For many parents who feel overwhelmed with stress, work or conflict, this song helps give them the words to explain that “even on their darkest days, when distractions take me away, I’ll always love you”. This communication can help children understand that they are loved and cared for, even during stressful times, leading to more secure attachments and a better feeling of safety. And, as we learned in “Where Do You Feel Safe?”, having a sense of safety is vital for children to grow, heal and thrive.

On a personal note, the household I grew up in wasn't always very happy. Like so many kids, I witnessed a lot of conflict in my home, and I struggled to process that despite this conflict, I was safe and that my parents still loved me. My brain needed to hear that I was safe and loved, despite the conflict.

Working with the children in the foster care system, I realized how many other children needed to hear this message. I also knew how hard it was for parents and caregivers to express it. At the same time I was pondering this concept, I became extremely disabled with an infection, and I was processing the fact that I may not physically be capable of having children anymore. When I thought about the words I wanted to say to the child I might never be able to have, this song was born.

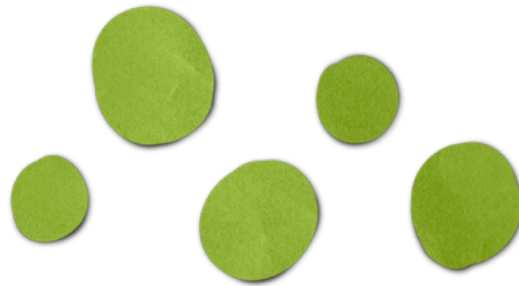
Special thanks to Stephanie Leavell for singing this song with me and holding space for me through some big emotions. Her voice will always be the most soothing one I know. To learn more about Stephanie and her work, head to musicforkiddos.com

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6. I NEED A BREAK

SONG CREDITS:

Written by Julieann Hartley. Vocals: Julieann Hartley. Mandolin: Brady Magee. Fiddle: AVDREY. Guitar, Bass, Percussion: Joseph Pierog. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.



LYRICS

I need a break, yes, I need a break,
Oh, funny honey bunny, I need a break.

I need a snack, yes, I need a snack,
Oh, funny honey bunny, I need a snack.

Ooo, I need a break.
(I need a break, I need a little break)
Ooo, I need a break.
I need a break!

I need a nap, yes, I need a nap.
Oh, funny honey bunny, I need a nap.
Just a little one. I'm just, just really tired.
Just tired. Let's just sleep.
(snoring)

Cock-a-doodle doo!

Oh wow, I feel so much better now.

I feel great, yes, I feel great.
I took a little break and now,
I feel great!

ABOUT THE SONG:

This is a silly, short and simple song to help children establish advocacy, self-awareness and coping skills. This song is a great conversation starter for kids to talk about what a dysregulated body feels like, and then the coping skills they might use to try and calm it down. A resilient child needs to be able to identify when they are starting to feel dysregulated, and be able to communicate the coping skills they need in order to regulate their nervous system again. I also wrote this song in a way that you can adapt the words, and sing it at home with whatever coping skills your child needs to practice advocating for. Some other verses I love to sing with kids are:

“I need space”
“I need a hug”
“I need quiet”



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7. HELP ME



SONG CREDITS: Written by Julieann Hartley.
Vocals: Julieann Hartley, Joseph Pierog.
Mandolin: Brady Magee. Fiddle: AVDREY.
Guitar, Bass, Percussion: Joseph Pierog.
Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller,
Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen.
Mastered by Greg Calbi.

ABOUT THE SONG:

When I became physically disabled from my neurological infection, I needed a lot of help from my community. Asking for that level of help and care was one of the hardest things I have ever done. Having grown up in a culture that valued strength and independence, I felt like a burden, and was full of shame. Now, here's the thing, lots of folks find it difficult to ask for help, and would rather suffer in silence than speak up. I believe that if we can reduce the shame associated with asking for help, we can make it easier for children, teens and adults to seek the help they need in moments of true crisis.

Here's the reality: Suicide is currently the 2nd leading cause of death for ages 10-14 and 20-34. I hope that if children grew up knowing that it was ok to ask for help, and that they were worthy of help, the United States could see improvements with their suicide rates. Please see the CDC Facts about Suicide for more information. Please dial 988 for the National Suicide & Crisis Lifeline if you feel you need immediate help.

Asking for help is the strongest thing I've ever done. I hope you can ask for the help you need too.

LYRICS

Verse 1:

I'm feeling kind of overwhelmed, I feel lost,
and I want to feel found,
There is too much on my plate, I should ask for help,
before it is too late...

Chorus:

Help me, I need somebody won't you help me,
I need somebody won't you help me,
I need somebody won't you help me, Oh!
Help me, I need somebody won't you help me,
I need somebody won't you help me.
Oh, help me!

Verse 2:

Sometimes I have to tie my shoe,
but I can't get the loop-d-loop,
Or sometimes I want to fly a kite and there's no wind
and I just can't get it right!

Chorus

Bridge:

It's good to ask for help,
Before you let the monster out,
There's nothing we can't do,
When we get help from a friend or two!

Chorus

Oh, help me! Oh, help me!
Oh, help, help, help, help help! Please!



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I AM RESILIENT

8. I AM RESILIENT

(FEAT. JOSEPH PIEROG)

SONG CREDITS: Written by Julieann Hartley.
Vocals: Julieann Hartley, Joseph Pierog, Nellie Hedquist.
Mandolin: Brady Magee. Guitar, Bass, Percussion: Joseph Pierog. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.

ABOUT THE SONG:

This feel good song helps children understand the concept of coping skills and resilience. Resilience is a huge abstract concept for kids to understand, but ultimately, it's about recovery and the tools we choose to use to recover from stress, challenge or failure. A resilient child is going to fail. What makes them resilient is their ability to recover from that failure.

Coping skills are a huge theme in this song, and coping skills play a major role in our ability to be resilient. Everyone will use a coping skill to recover from stress and trauma, however, some coping skills are maladaptive, meaning they make us less resilient over time, while others promote health and stronger neurological systems. When I perform this song live, I like to talk about healthy coping skills (like movement, connection, breathing etc) vs. unhealthy coping skills (violence, numbing substances). I then have the kids tell me about their coping skills so we can sing them in the song.



LYRICS

I am resilient. I am strong.
You can knock me down, but I'll just carry on.
I am resilient, I am strong.
And nobody can stop me from singing my song.

So stand up, stand tall,
hold your head up high through it all,
When it's not, going your way,
Use your coping skills to brighten up your day.
Hey!

Hey, hey!

Hey, Julieann, (hey Joey!), what are coping skills?
That's a great question.

They're good things that help us calm down,
Like reading a book, or laying on the ground.

Ok, well, can I sing a song? Absolutely!

Maybe get a hug? Yes, that's a great idea.

Can I eat all the ice cream,

That the world has on it today?!

Woah, woah, Joey wait. Your coping skill is to eat all
the ice cream on the whole planet?

Yeah, that's my coping skill.

We can work with that.

I am resilient. I am strong.

You can knock me down, but I'll just carry on.

I am resilient, I am strong.

And nobody can stop me from singing my song.

I may lose, and I may fail.

But when I use my coping skills, my wounds will heal.

I may lose, and I may fail.

But I'm strong, and my wounds will heal.

I am resilient. I am strong.

You can knock me down, but I'll just carry on.

I am resilient, I am strong.

And nobody can stop me from singing my song.

So stand up, stand tall,

hold your head up high through it all,

When it's not, going your way,

Use your coping skills to brighten up your day.

Hey!

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9. SILLY FEELING FACES

SONG CREDITS:

Written by Julieann Hartley. Vocals: Julieann Hartley, Violet Curren, Anika Hedquist, Nellie Hedquist, Violet Curren, Hazel Curren, Kristen Curren, Sierra Uhlendorf, Ada Uhlendorf and Maya Hartley-Rodriguez. Joseph Pierog. Mandolin: Brady Magee. Banjo: James Campbell. Guitar, Bass, Percussion: Joseph Pierog. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.



LYRICS

Chorus:

Silly faces, silly faces,
Show me your silly face.
Silly faces, silly faces,
I wanna see your silly face.

Verse 1:

Can you show me your happy face?
What makes you happy? (playing outside!)
Can you show me your happy face?
Playing outside makes me feel happy, yeah!

Chorus

Verse 2:

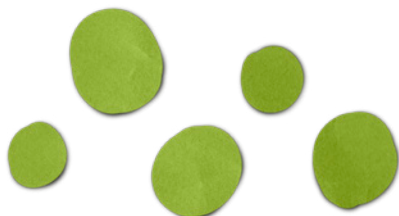
Can you show me your sad face?
What makes you sad? (mean words)
Can you show me your sad face?
Mean words can make me feel sad.

Chorus

Verse 3:

Can you show me your calm face?
Can you show me scared?
Can you show me mad?
Can you show me glad?

Chorus



Bridge:

Silly faces, you've got to them out.
Silly faces,
They're how we express ourself!

Outro:

Excited, Disgusted, Peaceful,
Embarrassed, Proud, Frustrated,
Delighted, Tired, Ecstatic,
Perplexed, Brave, Jealous,
Playful, Grouchy, Perky, Hungry,
Silly!

ABOUT THE SONG:

When we are in a state of stress, the prefrontal cortex of our brain downregulates, decreasing our decision making and reasoning skills. Identifying our emotions helps us raise activity levels in the prefrontal cortex, meaning, it helps turn on our reasoning skills and helps us regulate and overcome our stressor sooner. Acknowledging feelings, the good and the bad, is an important regulating activity, making it an essential skill for the resilient child and the reason why I wrote this song.



Also, this song is hilarious to sing live.
Kids really do make the silliest faces.

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10. BE A TREE

SONG CREDITS:

Written by Julieann Hartley. Vocals: Julieann Hartley, Joseph Pierog. Mandolin: Brady Magee. Fiddle: AVDREY. Guitar, Bass, Percussion: Joseph Pierog. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.

LYRICS

Be a tree, be a tree,
Be a small and sturdy tree,
Hold your branches high,
Point your leaves to the sky and
Sing along with me. Oh, we sing:

Chorus:

Sun, oh, sun,
Won't you shine your light on me,
I am a strong tree,
Shine your light on me.

Now, be a tree, in the wind,
It's trying to shake us up from deep within,
But, my roots are strong, I know where I belong,
So, sing along with me. Oh, we sing:

Chorus

Bridge:

Sometimes the storm almost brings me down.
But I remember my roots are strong, in the ground.
There are so many things in life,
That might make us feel low,
How we choose to cope with it,
Is how we choose to grow!

Sun, oh sun, shine your light on me,
I am a strong tree, shine your light on me.
Oh, sun, oh sun, shine your light on me,
I am a strong tree,
I am a strong tree,
I am a strong tree,
Shine your light on me.
Shine your light on me.



ABOUT THE SONG:

What is actual strength? What does resilience look like?

I wrote this song to help give children a clear example of strength and resilience with the image of a tree. When a storm comes, the tree learns to move with the wind so it doesn't break. This gives us an opportunity to talk to kids about being flexible and adaptable during a challenge. The tree also learns to rely on its strong and widespread roots to keep itself grounded. This becomes an excellent image to remind children to use their roots, also known as their community, to withstand the storm.

Then we have one of my favorite lines in the whole album:

**There are so many things in life,
that might make us feel low,
How we choose to cope with it,
is how we choose to grow!**

It's so important that we remind ourselves that we have to make the choice to practice resilience skills. We can make the choice to shrink in the face of challenge, use negative coping skills and ignore our community support. We will struggle if we make this choice over and over again. Or, we can choose to use our positive coping skills and support systems to grow stronger and more resilient. What do you choose?

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11. I AM ENOUGH

(FEAT. PROPEL SCHOOLS PERFORMING ARTS ACADEMY)

SONG CREDITS:

Written by Julieann Hartley. Vocals: Julieann Hartley, Nevaeh Ivy-Morris, Sulaiman Walker, Loryn Germany, Ke'Alah Kyles. Propel Schools Performing Arts Academy, Nellie Hedquist, Joseph Pierog. Mandolin: Brady Magee. Guitar, Bass, Percussion: Joseph Pierog. Fiddle: AVDREY. Producers: Julieann Hartley, Joseph Pierog, Tyler Moeller, Alisha Gaddis. Mixed by Kenny Siegal and Matt Cullen. Mastered by Greg Calbi.

ABOUT THE SONG:

When I got sick with my neurological infection, and eventually disabled, I struggled to feel worthy of the help my family and friends were giving me. I felt like a burden. Then, I thought about all the abused, neglected and disabled children I had worked with over the years. I knew without question that these kids were absolutely worthy of clean air, food, hugs, love and all the good things life had to offer. I knew I had to turn that same thought and intention towards my own life. Writing this song became a turning point for me with my disability journey. It helped me realize that I was always worthy of love. Despite whatever came my way, I was always enough.

I hope that you will use this song to talk to your kids about self-worth and self-esteem. Children who know they are worthy of love, connection and help during hard times, will be much more likely to seek it out during times of stress.

Special thanks to Jessica Andrews, the director of the Propel Schools Performing Arts Academy for letting me work with her students in Pittsburg, Pennsylvania. I always knew that this song would be most meaningful if the lyrics were sung by powerful kids, and when I heard her choir, I knew that I found the voices for this empowering song.

Pictured above and below are some of our incredible soloists: Sulaiman Walker, Nevaeh Ivy-Morris, Ke'Alah Kyles and Loryn Germany.



LYRICS

I don't have to put makeup on,
I don't have to write the perfect song,
I don't have to be the best,
I don't have to ace every test,
Even if I'm not first, the race is worthy running,
Even if I'm the worst, I'd do it all again,
'Cause I know if I try and try
I'll win every now and then!

I am enough, I am enough, I am enough, I am enough,
I am worthy of the air I breathe,
And I am worthy of the food I eat,
I am enough, I am enough, I am enough, I am enough,
I am worthy of all the hugs, and I'm worthy of the love.
I am worthy of the love.

I am worthy of really big dreams,
And I am worthy of making them reality.
I am worthy of the gifts I have,
I am worthy if I'm happy or sad.
I am worthy even when I cry,
I am worthy even when I feel shy,
Cause I don't have to be super tough,
To know that I'm enough!



I am enough, I am enough, I am enough, I am enough,
I am worthy of the air I breathe,
And I am worthy of the food I eat,
I am enough, I am enough, I am enough, I am enough,
I am worthy of all the hugs, and I'm worthy of the love.
I am enough, I am enough, I am enough.
I am worthy of the love. And I'm worthy of the love,
I am enough, I am enough, I am enough.
I am worthy of the love.
I am enough!

≧MISS JULIEANN≦