



THE EVOLVED NEST'S

Nature Connection Songs,
by Darcia Narvaez, PhD

Nature Connection Song Lyrics

Listen to Darcia perform these songs
at
<https://evolvednest.org/8-nature-connection>

Discover More!

Nature Connection is one of nine components of our Evolved Nest, our evolutionary pathway to wellbeing. Discover all of the nine components in our Learning Center here:

www.EvolvedNest.org

About Darcia

Darcia Narvaez is a Professor of Psychology Emerita at the University of Notre Dame. She is the founder of the public and professional educational outreach project The Evolved Nest Initiative whose nonprofit mission is to share her science research into developing appropriate baselines for lifelong human wellness by meeting the biological needs of infants. This wellbeing baseline is imperative at this time as the United States ranks 41st out of 41 developed countries in public policies that support families. Darcia is the current president of the award-winning, venerable nonprofit Kindred World, who has been "serving the re-generation since 1996."

Nature Connection Song Lyrics

The song lyrics on this flyer include the cord progressions for playing along!

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The Evolved Nest

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Honoring Plants

Many plant species are increasingly threatened with extinction. Humans often act mindlessly toward plants, as if they do not have feeling or purpose expect our own. Native American communities honored plants as life givers and teachers. They practiced the “honorable harvest,” a way to treat plants and animals with respect. This song describes what the honorable harvest looks like. Sing and play this song with one or more partners.



Listen to Darcia sing this song [here](#).

Chords in Key of A

CHORUS:

Lalalala sosososo fa so mi do

D A E A

Give a little get a little, like a friendship.

D A E A

Give a little get a little, with your partner.

D A E A

Give a little get a little, as we circle.

E A

That's the gifting way.

Verses

Mi do fa re mi do fa re so so so so

Lalasonifasomido lasofamire

VERSE 1

A D A D E

Don't be hurtful, don't be careless they are creatures too.

A D A D E

“Weeds” or flowers, trees or prairie, they're full of life like you.

A D A D E

Ask permission, then you listen to the answer gi'en;

A D A D E

If it's yes you take a little, not the first or last.

CHORUS

VERSE 2

A D A D E

Say hello and get to know them like a caring friend.

A D A D E

Don't be wasteful or unmindful of the offering.

A D A D E

Give to others and give thanks for every gift you get.

A D A D E

You will need them, they don't need you so give them some respect.

CHORUS

VERSE 3

A D A D E

Let's not poison plant or beast so all enjoy the feast;

A D A D E

bee at breakfast, butterfly lunch, let's not choose to cheat.

A D A D E

Learn to know them and to love them every single day.

A D A D E

Keep them healthy watching carefully as you go your way.

CHORUS

We Are Water

Water is life-giving, life-supporting aspect of the world. The ancient Greek pre-Socratic philosopher, Thales (c. 624-546 BCE), suggested that all things come from water. We often forget how ubiquitous it is and how reliant we are on its purity. Many people in the world do not have regular access to clean water. This song is to remind us how much we interact with water in so many ways. Sing and dance this song with one or more partners.



Listen to Darcia sing this song [here](#).

We are water, water, water, like a lake, a river, shower.
We swim and dive and splash.
Back and forth, and up and down, in and out the water flows.

we are rain drops falling, falling onto trees, and fields, and flowers.
we jump in puddles and ponds.
Back and forth, and up and down, in and out the water flows.

We are snowflakes drifting, drifting onto mountains and the land.
We roll and throw and play.
Back and forth, and up and down, in and out the water flows.

We are ice that sneaks on water in the quiet winter night.
We skate before it cracks.
Back and forth, and up and down, in and out the water flows.

We are waves that roar on shore, like happy lions roaming 'round.
We wiggle and dance and foam.
Back and forth, and up and down, in and out the water flows.

We are hurricanes that lift and blow the water oh so high.
We twist and turn and soak.
Back and forth, and up and down, in and out the water flows.

We are water water water on the land and far below.
We are water water water in our bodies all aglow.
Back and forth, and up and down, in and out the water flows.
With respect we keep it pure; we give thanks for all it does.

We Are Water

Chords In Key of C

Do re mi do fa re mi do

C C F C C C F C

We are water water water, like a lake, a river, shower

Mi so so, so(low) so(low) so

G

we swim and dive and splash

CHORUS

La fa so mi fa re me la fa so mi fa re do

F C F C F C G C

Back and forth, and up and down, in and out the water flows.

C C F C C C F C

we are rain drops falling, falling onto trees, and fields, and flowers.

G

we jump in puddles and ponds.

CHORUS

We are snowflakes drifting, drifting onto mountains and the land.

We roll and throw and play.

CHORUS

We are ice that sneaks on water in the quiet winter night.

We skate before it cracks.

CHORUS

We are waves that roar on shore, like happy lions roaming 'round.

We wiggle and dance and foam.

CHORUS

We are hurricanes that lift and blow the water oh so high.

We twist and turn and soak.

ENDING

F C F C F C G C|

Back and forth, and up and down, in and out the water flows.

With respect we keep it pure; we give thanks for all it does.

C C F C C C F C

We are water water water on the land and far below.

We are water water water in our bodies all aglow.

F C F C F C G C

Back and forth, and up and down, in and out the water flows.

With respect we keep it pure; we give thanks for all it does.

Welcoming Birds

Bird species are undergoing rapid extinction rates due to human activities, like killing insects that they feed on. This song is a reminder that we love to see and hear birds. They need our mindful concern to help them thrive and prevent further extinction.



Listen to Darcia sing this song [here](#).

In key of C

CHORUS

C G C
These are birds we love to see.

C G C
These are birds we love to hear.

C G C
These are birds we want to live.

1 C Robin Goldfinch Sparrow Crow Black bird Blue bird Titmouse Duck G C Chickadee G C Hummingbird G Nightingale Roadrunner Oriole CHORUS	2 C Blue jay Swallow Piper Stork Nuthatch Bunting Grosbeak Lark G C Cardinal G C Parakeet G Sandpiper Woodpecker Flycatcher CHORUS	3 C Penguin Ostrich Seagull Goose Waxwing Junco Flicker Thrush G C Warbler Loon G C Eagle Swan G Kingfisher Tanager Flamingo CHORUS	4 C Phoebe Flicker Plover Quail Creepers Curlew Kildeer Owl G C Chicken Gull G C Turkey Swan G Tucan Vulture Peacock Wren Raven Parrot Falcon Grouse CHORUS
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