

I AM PEACEFUL

Coloring Song Book



Lyrics by Amanda Panda
Illustrated by Michael Taylor

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This bi-lingual coloring songbook is brought to you by
KindKids Music "sharing kindness through music"
Based on the song "I Am Peaceful" by Amanda Panda

Illustrated by Michael Taylor

Spanish Translation by Daneel Yvette Dafni

Music Transcription by Rob Duquette

Fairy Dust Sprinkle by the Book Fairy



Amanda Panda, Rob Duquette, and Pam Leo

"Kindness Partners"



"I love the peaceful way that singing the song, while the actions makes me feel. I also love sharing this song with children and adults in my world. And most of all, I love that in just moments, with this sweet little song, we can ALL transform stressful into peaceful."

~Pam Leo, founder of the Book Fairy Pantry Project, Author of Connection Parenting, and Kindness Partner to KindKids Music

I am peaceful

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Lyrics Amanda Panda

Trad.

♩=55 ♩=120

I am peace ful I am peace ful yes I am yes I am

5

I can calm my self down I can calm my self down yes I can yes I can

A note to grown ups about this song and book, from Amanda Panda

Here is a mindful movement activity I created to compliment my “I am Peaceful” song. The lyrics can be sung to the tune of “Frère Jacques”. These movements help calm the body, while the song calms the heart and mind. The characters in the coloring book are demonstrating the movements. Invite your child(ren) to sit comfortably on the floor or in a chair, and begin by using your thumb to touch each of your fingertips one at a time, using just one or both hands. As you do the movements you can sing or say the words. You can do this in a “call and response” manner, in english and in spanish, or all together in either language, whatever is the most calming for you and your child(ren).

Start by touching your thumb to your pointer finger and sing, “I”, then sing “am” while touching your tall finger, next touch your ring finger and sing “peace”, and then touch your pinky finger and sing “ful”. Repeat that movement sequence for the first two lines of the song.

For the next part, while singing, “Yes I am”, bring your arms up overhead, then down together in a prayer like position in front of your heart. Repeat.

Next, gently tap your forehead twice with your fingers, then cross your arms and tap your shoulders twice, then gently pat your thighs twice, while singing “I can calm myself down.” Repeat.

Finally, give yourself a hug and sing “Yes I can” while rocking from side to side if that feels good.

This activity can be done as a “call and response” or all together. It can be done in a moment of tension or struggle, when there is a need to “change the tune.” It can be done in the bathtub, in the car, before bed, before a test, when waiting in line, at a birthday party, at a family dinner. In can be used to celebrate a moment of kindness, to encourage self acceptance, and to empower a parent who is feeling a moment of stress. I encourage you to use this song as often as it is helpful and to share your stories with other parents and with us.

Please allow a moment of mindfulness for yourself and the child who receives this book. I hope you color the pages together and experience the joy of creating, singing, dreaming, and being.



"I am peaceful"



"Tengo la paz"



"Yes I am"



"Si la tengo"



"I can calm myself down"



"Yo puedo cuidarme"



"Yes I can"



"Si yo puedo"





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