Musical interventions
for children experiencing
domestic and family violence

a collaboration of arts and therapy

Deborah Lockwood – Relationships Australia SA
Andrea Rieniets – Cha Cha Sam
Dr. Andrea Lemon – Kids Thrive Inc
Cha Cha Sam

Music for big-spirited kids and their grownups
Kids Thrive

Kids leading creative change
Songs to nurture optimism
Safety Break

Well I don’t step out in front of a car
That’s not safe for me
So when I see how angry you are
That’s not safe for me
Well I don’t hang around with my pets when they’re biting
Cos that’s not safe for me
So I won’t hang around with you when you’re fighting
Cos that’s not safe for me
Safety Break

Pre Chorus
I got my got my got my Safety Plan
I got it got it got it always on hand
I got my got my got my Safety Team
They got the whole story
They got the whole scene

CHORUS
I got their phone numbers
(got their phone numbers)
I got their address
(got their address)
I just need to take a break
When it’s starting to stress
Safety Break

I leave a message:
‘I’m around at Tim’s’
You get the message:
‘When things cool down, give me a ring.’

Pre Chorus
I got my got my got my Safety Plan
I got it got it got it  Always on hand
I got my got my got my Safety Team
They got the whole story
They got the whole scene

CHORUS
I got their phone numbers
I got their address
I just need to take a break
When it’s starting to stress
Safety Break

I leave a message:
‘I’m around at Lyn’s’
You get the message:
‘When things cool down, give me a ring’

CHORUS
I got their phone numbers
I got their address
I just need to take a break
When it’s starting to stress
My Body

Toes, feet ankles, knees
Strong like roots of the trees
Hips, bottom, back, chest
Like the trunk for all the rest
Fingers, hands, wrists, elbows
Like the branches that grow and grow
Shoulders, neck and head
Taller than the garden shed
Make a mark on the kitchen door
Watch me grow, more and more and more

CHORUS

This is my body
My body
Body
This is my body
My Body

Don’t want to look like someone on TV
‘Cause we’re all sorts of shapes
And I love being me
In my body

CHORUS

This is my body
My body
Body
This is my body

1, 2, 3, 4, 5, 6, 7, 8
Grows a Little

How does a puppy become a dog?
Well it grows a little, a little each day
How does a tadpole become a frog?
Well it grows a little, a little each day
How does that seed become a tree?
Well it grows a little, a little each day
How does that baby get as tall as me?
Well it grows a little, a little each day

CHORUS

Is the glass half empty is the glass half full?
Is life like a push or life like a pull?
Is the grass much greener on the other side?
Well then get on your bike and take that ride
Grows a Little

A bad haircut and you say ‘It’s hacked’
Well it grows a little, a little each day
And before you know it, it’s all grown back
Well it grows a little, a little each day
Yesterday I cried, it was just like ‘forget it!’
But it grows a little, a little each day
Today I tried and I could really get it!
Cos it grows a little, a little each day

CHORUS

Is the glass half empty is the glass half full?
Is life like a push or life like a pull?
Is the grass much greener on the other side?
Well then get on your bike and let’s take that ride
How does a puppy become a dog?
Well it grows a little, a little each day
How does a tadpole become a frog?
Well it grows a little, a little each day
How does that seed become a tree?
Well it grows a little, a little each day
How does that baby get as tall as me?
Well it grows a little, a little each day
For more information

www.rasa.org.au/together4kids

www.chachasam.com.au

www.kidsthrive.org.au
Verse 1
Hushabye lullaby
Close your lovely eyes
Hushabye lullaby
Darling cheery bye
Even though it’s a tough old day
All of that is now far away
Hushabye lullaby
My lullaby kid

Verse 2
Hushabye lullaby
Close your lovely eyes
Hushabye lullaby
Darling cheery bye
All the birds flying in the sky
Sing your name as they all fly by
Hushabye lullaby
My lullaby kid

Verse 3
Hushabye lullaby
Close your lovely eyes
Hushabye lullaby
Darling cheery bye
When you rest every night and day
Silver stardust will come your way
Hushabye lullaby

Verse 4
Hushabye lullaby
Close your lovely eyes
Hushabye lullaby
Darling cheery bye
Even though it’s a tough old day
All of that is now far away
Hushabye lullaby
My lullaby kid

Verse 5
Hushabye lullaby
Close your lovely eyes
Hushabye lullaby
Darling cheery bye
Angels, oh take you in their wings
Hush hush hear all the angels sing
Hushabye lullaby
My lullaby kid

Angel choir over the backyard
Ooh-----------------
Good Dog Gone Bad Blues

If a dog bites my leg  
Every time we meet  
Well I’d be silly, yes I would  
To keep walking down that street  
And if that dog gets nasty  
And follows me around  
Well I’d have to call somebody up  
To put him in the pound

CHORUS
What makes a cute little puppy  
Get the good dog gone bad blues?  
You can write it, read it, any way you see it  
Everything about it is bad news  
What makes a cute little puppy  
Get the good dog gone mad blues?  
Well that mean ol’ dog better get himself together  
Cos the other little puppies just shot through

CHORUS
What makes a cute little puppy  
Get the good dog gone mad blues?  
You can write it, read it, any way you see it  
Everything about it is bad news  
What makes a cute little puppy  
Get the good dog gone mad blues?  
Well that mean ol’ dog better get himself together  
Cos the other little puppies just shot through
Take a Picture of My Future

CHORUS
Take a picture of my future
Take a picture of my heart
Take a picture of my future
This is where my future starts

Take a picture of my favourite
Special things in all the world
Watch me as my happy flag unfurls

CHORUS
Take a picture of us listening
To the things we did all day
I’m so happy living life this way

CHORUS
Here’s a picture of us fighting
So we don’t have to forget
It will be different but it isn’t yet

CHORUS
Take a picture of us smiling
Underneath the bluest blue
I’ll be me and you can still be you

Music Break

CHORUS
Take a photo of this quiet
Can you see it on my face?
It’s better without fighting in this place

CHORUS
Take a picture of my eyes
Shining in the morning sun
My new life has only just begun
Take a picture hurry up now

CHORUS
Take a picture of my feet
Now take a picture of this side
Come we won’t always have to hide

Kids Thrive
kids leading creative change

CHA CHA SAM
GROWS A LITTLE

Relationships Australia
SOUTH AUSTRALIA

Together 4 Kids™