



Bully Smart Kids!

By Max Nass, LMHC & Marcia Nass, M.S.

1. Bully

He may be real big,
And even look real cool,
But if you ask me,
The bully is a fool.
(Repeat)

He's always in a fight
When there's better things to do
He thinks it's lots of fun,
To end up black and blue.

When he gets suspended,
They're really mad at home.
He misses all the fun in school,
And ends up all alone.

He may be real big,
And even look real cool,
But if you ask me,
The bully is a fool.

He's always in a fight
When there's better things to do
He thinks it's lots of fun,
To end up black and blue.

He likes to think he's tough
When he picks on me and you.
If he meets a bigger bully,
Then what will he do?

He may be real big,
And even look real cool,
But if you ask me,
The bully is a fool.
(Repeat 2X)

2. Hands

Hands are for loving,
Hands are for hugging,
Hands are not for
Pushing and shoving!
(Repeat 3X)

Wave your hand,
Say hello or good-bye.
Don't use your hands
To make someone cry.

You've got a left hand,
And you've got a right.
Don't use your hands
To get in a fight.

Hands are for loving,
Hands are for hugging,
Hands are not for
Pushing and shoving!
(Repeat 3X)

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Don't use your hands
To get in a fight.

Hands are for loving,
Hands are for hugging,
Hands are not for
Pushing and shoving!
(Repeat 3X)

3. Cool Off

Cool off, cool off,
Cool off, cool off!
Solving problems is hard
When you're mad,
Walk away, cool off;
You'll be glad.
(Repeat)

When you're angry at someone,
It's not easy to have fun.
You'll get madder if you stay.
Get smart and just walk away.

You don't need to start a fight
To prove who's wrong and who is right.
Remember good times you had,
And then you won't feel so bad.

Take deep breaths and cool off;
Find a friend to listen to you talk.
You just want peace, my friend,
To make your anger end.

Cool off, cool off,
Cool off, cool off!
Solving problems is hard
When you're mad,
Walk away, cool off;
You'll be glad.
(Repeat)

When you're angry at someone,
It's not easy to have fun.
You'll get madder if you stay.
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And then you won't feel so bad.

Take deep breaths and cool off;
Find a friend to listen to you talk.
You just want peace, my friend,
To make your anger end.

Cool off, cool off,
Cool off, cool off!
Solving problems is hard
When you're mad,
Walk away, cool off;
You'll be glad.
(Repeat 4X)

4. Nice Words

I say nice words to you;
You say nice words to me.
Can you find a nice word
For everyone you see?
(Repeat 2X)

"You're funny." "You're happy."
"You're always very kind."
Nice words make you feel good;
Say them all the time.

"You're smart." "I like you."
"You're a friend of mine."
Nice words make you feel good;
Say them all the time.

I say nice words to you;
You say nice words to me.
Can you find a nice word
For everyone you see?

"You're funny." "You're happy."
"You're always very kind."
Nice words make you feel good;
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"You're smart." "I like you."
"You're a friend of mine."
Nice words make you feel good;
Say them all the time.

I say nice words to you;
You say nice words to me.
Can you find a nice word
For everyone you see?
(Repeat 2X)

5. Tell the Teacher

Tell the teacher
When a bully bothers you.
Let the teacher solve the problem for you.
(Repeat)

When a kid is mean and ruins your day
Get the teacher, she'll go out of her way.
When yelling, "Please stop," doesn't solve it for you,
Let the teacher help you.
She knows what to do.

Let the teacher handle it, so you're not sad.
The bully may end up feeling bad.
You helped a bully, made a new friend.
Everything worked out good in the end.

Tell the teacher
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Everything worked out good in the end.

Tell the teacher
When a bully bothers you.
Let the teacher solve the problem for you.
(Repeat 4X)

6. Peace Rap

Peace is the name,
The name of the game.
Don't be a fighting fool!
Make things right, without a fight.
Just remember these rules:
(Repeat)

Just walk away, every time
Someone bothers you.
Take some time to cool off,
It's a smart thing to do!

When someone calls you a name,
It's something you ignore.
You can just walk away.
It's peace you want, not war!

Mind your own business.
Don't make threats.
Play with kids who don't fight.
Don't call names, just be nice;
Everything will be alright.

Peace is the name,
The name of the game.
Don't be a fighting fool.
Make things right, without a fight.
Just remember these rules:

Just walk away, every time
Someone bothers you.
Take some time to cool off,
It's a smart thing to do!

When someone calls you a name,
It's something you ignore.
You can just walk away.
It's peace you want, not war!

Mind your own business.
Don't make threats.
Play with kids who don't fight.
Don't call names, just be nice;
Everything will be all right.

Peace is the name,
The name of the game.
Don't be a fighting fool. Let's get along.
Make things right, without a fight.
Just remember these rules:

Peace is the name,
The name of the game.
Don't be a fighting fool.
Make things right, without a fight.

7. **Monster**

I don't want to be a monster,
I want peace today.
I don't want to be a monster,
Monster go away!
(Repeat)

When the monster comes out,
I scream and shout.
How can I make it go away?
If I cool off awhile,
And put on a smile,
Soon everything will be okay.

The monster in me
Is always angry.
It wants to fight and never cares.
So I give myself a hug,
Out comes the love,
And the monster disappears.

I don't want to be a monster,
I want peace today.
I don't want to be a monster,
Monster go away!

When the monster comes out,
I scream and shout.
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So I give myself a hug,
Out comes the love,
And the monster disappears.
I don't want to be a monster,
I want peace today.
I don't want to be a monster,
Monster go away!
(Repeat 2X)

8. Say Sorry

Say *sorry* to make things right,
Sorry before you fight;
Sorry is a word you say
To make your problems go away.
(Repeat)

Say *sorry, sorry*;
It's easy to do.
Say *sorry, sorry*;
More kids will like you.

Say *sorry, sorry*;
Make up right away.
Say *sorry, sorry*;
Have a happy day.

Say *sorry* to make things right,
Sorry before you fight;
Sorry is a word you say
To make your problems go away.

Say *sorry, sorry*;
It's easy to do.
Say *sorry, sorry*;
More kids will like you.

Say *sorry, sorry*;
Make up right away.
Say *sorry, sorry*;
Have a happy day.

Say *sorry* to make things right,
Sorry before you fight;
Sorry is a word you say
To make your problems go away.
(Repeat 2X)

9. Zip the Lip

Zip the lip, don't let names spoil your day.
Zip the lip, when you can't walk away.
Be strong, don't call names too.
When you don't listen, they'll stop bothering you.
(Repeat)

They call you names, it gets you mad.
You call names back, you're just as bad.
Back and forth it goes every day.
Will it ever go away?

Calling names isn't fun.
It will always hurt someone.
They will call you names too.
Then what will you do?

Show them names don't bother you
You have better things to do.
Zip the lip is the way
So you don't have a fight today.

Zip the lip, don't let names spoil your day.
Zip the lip, when you can't walk away.
Be strong, don't call names too.
When you don't listen, they'll stop bothering you.

They call you names, it gets you mad.
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Zip the lip, when you can't walk away.
Be strong, don't call names too.
When you don't listen, they'll stop bothering you.
(Repeat 2X)

10. Heart

If you want to be smart,
Don't follow what others do;
Just listen to your heart,
And you'll know what's right for you.
(Repeat)

Janet just moved into town,
And wanted to belong.
One day, some girls asked her,
"Would you like to come along?"

After school, they all met
To beat up Mary Lynn.
Janet said it was wrong,
So they called her "chicken."

If you want to be smart,
Don't follow what others do;
Just listen to your heart,
And you'll know what's right for you.

After school, they all met
To beat up Mary Lynn.
Janet said it was wrong,
So they called her "chicken."

Janet ran and got an adult.
Mary Lynn thanked her in the end.
Now Janet's very careful
Who she chooses as her friends.

If you want to be smart,
Don't follow what others do;
Just listen to your heart, listen.
And you'll know what's right for you.
(Repeat 2X)

11. Ignore

When someone bothers you more and more,
You can get angry or just ignore.
Look away, don't listen, don't talk back too. Walk Away!
Ignore every time, they'll stop bothering you.
(Repeat)

When someone starts to call you a name
If you call names back, you're doing the same.
You both might get upset, angry enough
Start pushing each other and then get rough.

If someone comes over to hit you
And you hit back, what will she do?
She'll hit you harder and harder again.
You could get hurt in the end.

When someone bothers you more and more,
You can get angry or just ignore
Look away, don't listen, don't talk back too. Walk Away!
Ignore every time, they'll stop bothering you.

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You can get angry or just ignore.
Look away, don't listen, don't talk back too. Walk Away!
Ignore every time, they'll stop bothering you.
(Repeat)

12. Solve It

Don't interrupt, don't call names;
Tell the truth, I'll do the same.
That's how we can start
To solve our problem.
(Repeat)

You tell your story,
I'll tell mine.
Listen to each other,
Leave our anger behind.

Tell me what you need
To solve your problem with me;
And I'll tell you what I need
So we both end up happy.

Don't interrupt, don't call names;
Tell the truth, I'll do the same.
That's how we can start
To solve our problem.

You tell your story,
I'll tell mine.
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(Repeat 2X)

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Special thanks to Apollo Music located in Bayside, New York for providing voice talent for this CD.

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Recorded at Sabella Music Studios in Roslyn, NY and Nola Recording Studio in NYC.

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