Fresh Air Learning Elementary School

Lyrics to Gathering Songs

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Babala Gumbala

Performed by Melinda Carroll Music

Traditional Yaruba Tribe Greeting Song
Call and Response

Babala gumbala, la gumbala, haveza.
Babala gumbala, la gumbala, haveza.

Hey na na na na haveza.
Hey na na na na haveza.

Haveza,
Haveza,
Haveza,
Haveza.

Birthday Song

Fresh Air Learning Recording

Happy Birthday to You
We're so glad you're alive
You're a gift of the earth
Bless the day of your birth

Fire of Creation

Fresh Air Learning Recording

Fire of creation
Fire of illumination
Fire of transformation
Fire of a peaceful nation

And it starts very quietly
And it starts with a spark <snap fingers on "spark">
And it starts in the centre
And it starts in our hearts

Fire's Burning

Fresh Air Learning Recording

Fire's burning (2x)
Draw nearer (2x)
In the glowing (2x)
Come sing and be merry

Freedom Song

Performed by Beautiful Chorus

I can feel my heartbeat
Beating to the rhythm of the freedom song

When I say yes to the beat in me
I can set my spirit free

Funga Alafia

Performed by Beautiful Chorus

Funga Alafia, Ase, Ase. (x 2)
Ase ase (x 4)

Grateful to Be

Performed by Singing Alive

I am grateful to be
Breathing, heart beating, joyous, and free
Even though hard times are all around me
I am grateful to be

Like the birds in the sky
Like the dragonfly
Like the trees listening
What lives in them lives in me

I hear the Wolf and the Fox and the Weasel

Performed by Jane Valencia

http://foresthalls.org/wolffox.html

I hear the Wolf and the Fox and the Weasel
I hear the Wolf and the Fox singing
(repeat both lines)

And in ten years I will come back
I hear Wolf and the Fox singing
(repeat both lines)

I'm a Wild One Now

Fresh Air Learning Recording

Let the sun shine down and warm my bones
Let the birds and the bees come and take my clothes
Cause I'm a wild one now made of wind and rain
I'm wild and I ain't going back again

Let the stars shine down and fill my heart
Let the beaver and the bear teach me of their art
Cause I'm a wild one now made of fat and fish
The tending of the wild is my greatest wish

Let the moon shine down and cleanse my soul
Let the wolves and the owls come and tend my coals
Cause I'm a wild one now made of stars and dreams
I'm wild and I'm part of everything
I'm wild and I'm part of everything

Listen more often to things than to beings

Fresh Air Learning Recording

Listen more often to things than to beings
Listen more often to things than to beings
It is the ancestor's breath with when the fire's voice is heard
It is the ancestor's breath in the voice of the water

Love the earth

Fresh Air Learning Recording (short) and Fresh Air Learning Recording (long)

Call and Response

Love the earth (Call and Response)
Love the sky (Call and Response)
Feed a fire (Call and Response)
Drop of water (Call and Response)

We can feel it in our bodies, in our spirits, in our souls (Together from here on)

Weha heya heya
Weha heya heya ho
Weha heya heya
Weha heya heya ho

Weha heya, Weha heya, Weya heya, Weya ho

Love the world

Fresh Air Learning Recording (solo)
Sweet Cascadia

To the hemlocks waving in the wind
We love you, We love you
To the hemlocks waving in the wind
We love the way you call our names

To the alligator lizard in the sun
We love you, We love you
To the alligator lizard in the sun
We love the way you call our names

Chorus
You call our names and we call yours
We get along when we're outdoors
You call our names and we call yours
We love the way you call our names

To the seastars clinging to the rocks
To the juicy salmonberries in the spring

Chorus

To the chanterelles spreading through the soil
To the golden-eye parade across the bay

My roots go down to the earth

Fresh Air Learning Recording

I am **a raccoon scavenging for food** (3x)
My roots go down

My roots go down, down into the earth (3x)
My roots go down

** Repeat substituting other words for "**a raccoon scavenging for food"** (e.g., an eagle soaring overhead)

O Morning what a joy!

Performed by Laurence Cole

O Morning, what a joy! (3x)
Walking through you in the sun

Rise Up O Flame

Fresh Air Learning Recording
Performed by Jessica Wells

Rise up, O flame
By thy light glowing
Bring to us beauty, vision, and joy

Thank you for this food

Fresh Air Learning Recording (solo)

Thank you for this food
This food
This glorious, glorious food

And the animals, and the vegetables, and the minerals
That make it possible

And the cooks and the cooks and the cooks

This is the Forest Song

Fresh Air Learning Recording
Call and Response – each line

This
This is the Forest Song
We sing it all night long
When the people are gone
I'm a (add in name of an animal)
(Make noise of the animal)

Trees grow slow

Fresh Air Learning Recording (line by line) and Fresh Air Learning Recording (sung fully)

Trees grow slow
Trees grow strong
Trees sway in the wind their whole lives long

Trees hold the ground
As they reach for the sky
And fallen trees still feed the seeds
They cast before they die

Water Song

Fresh Air Learning Recording (Original song by Joshua)

Water's in the ocean
Water's in the stream
Water's in the waterfall
Everywhere it seems

Oh yeah…

In the ocean wide, sand will little glide
In the waterfalls, sand will little falls
In the little river, sand will little quiver

Oh yeah…

Boom!

We are of the mountain

Fresh Air Learning Recording (solo)

We are of the **mountain**
We are of the **mountain**
Go back to the **mountain**
Turn yourself around

Turn yourself around
Go back to the **mountain**
and turn yourself around

** Repeat substituting other words for **mountain** (e.g., fresh air, ocean, hemlock)

When I was young

Performed by Beautiful Chorus
Fresh Air Learning Recording
Call and Response

When I was young
I was the sun
Shining through the trees
And to the earth

When I was young
I was the mountain
Knew all the birds
Had my own vision

When I was young
I was the river
Flowing through the mountains
Into the sea

When I was young
I was the ocean
Held all my friends
Until the end

I am I am
I am I am
I am I am
I am I am

We are We are
We are We are
We are We are
We are We are

Wood, Stone, Feather and Bone

First two verses original
Second two verses written at Ravenwood
Arranged by Brett Holmquist
Recording link

Wood, stone, feather and bone
Rolling of the ocean guide us home
Wood, stone, feather and bone
Rolling of the ocean guide us home

Wolf and raven
Wolf and raven

In my soul, in my soul
In my soul, in my soul

River sea cedar tree
Howling of the wind gonna set us free
River sea cedar tree
Howling of the wind gonna set us free

Eagles and salmon
Eagles and salmon

In my soul, in my soul
In my soul, in my soul

Storm clouds from the south
Wind and the rain are here again
Storm clouds from the south
Wind and the rain are here again

Thunder and lightning
Thunder and lightning

In my soul, in my soul
In my soul, in my soul

Moonlight shining bright
Shine your light all through the night
Moonlight shining bright
Shine your light all through the night

Laughing and crying
Laughing and crying

In my soul, in my soul
In my soul, in my soul

You could be a salmon

Fresh Air Learning Recording
Sweet Cascadia – Simon Hocking

You could be a salmon swimming in the ocean
You could be living for that upstream motion
You could be a sockeye dying in a creek
Back to the land in a couple of weeks

You could be a cedar, growing on the shoreline
Every year salmon like an ancient timeline
Eating from the soil, drinking up the rain
Standing through the seasons, time and again

Chorus
If you decide (if you decide)
That you're going to eat salmon (going to eat salmon)
You've got to know (you've got to know)
How to keep the cycle going (keep the cycle going)…

You could be a bear cub, learning how to fish
You could say that salmon is your favorite dish

Take it from the river, eat it by the shore
Leave some for the forest, and then back for more

You could be an eagle, flying for a steal
You could say that salmon is your favorite meal
You could be hovering, airborne and weightless
You could be interdependent and state-less

Chorus

You could be a valley, twin-forest hillsides
You could be a home, protected from the outsides
You could feel the water flowing or chasing
A bioregion, a watershed basin

You could be a river, carving out stone
Carrying the rain to its ultimate home
Carrying the forest always in reach
Rolling over rocks to a salty beach

Chorus