

*Suggestion*

Here is a suggestion for a sampling of some popular songs (or other songs good for teens) I felt went with the guidelines. When choosing songs I considered not only the words but the intention of the artists and what they were trying to say beneath the words.

*Appropriateness*

Some of these were songs I heard about through my students or my own children (thankyou!). Not all songs (and especially their videos) are "rated G" for general audiences, so please preview first and make your own judgement about appropriateness for your own audience so you won't be surprised : )

*Rights of others – Songs*

Please buy songs before you use them to teach about the guidelines. Often you can hear part of the songs where they sell them online and buy the individual song for just under one dollar each. What a deal! To preview lyrics you can check the artists' site, their Myspace page or the site for their recording label. Please be mindful of copyright rules and restrictions "about using the songs in a public way or for commercial gain". Please be considerate of the rights and efforts of others in this regard.

*Understanding The 16 Guidelines for Life*

If you have not already done a training course yourself, and you wish to teach about the Guidelines or develop other resources, you are strongly encouraged to do a course to build your own understanding and to build a relationship with the community. This will give you access to new resources and evolving materials. The "16 Guidelines for Life" are also protected by copyright.

*Extending the Lessons*

Karmatube.org also suggests some great follow up activities and links related to songs on their music video channel. Check it out!

*Guidelines Version*

I used the Guideline list and order that appears in the current version of Ready Set Happy--

*How we Think:*

Humility, Patience (also includes Tolerance), Contentment, Delight

*How we Act:*

Kindness, Honesty, Generosity, Thoughtful Speech (or Right Speech)

*How we Relate to others:*

Respect, Forgiveness, Gratitude, Responsibility (also includes Loyalty)

*How we Find Meaning:*

Principles, Aspiration, Service, Courage

If you find songs you wish to add to this list, please feel free to email me the artist name, song title, and album title at <mailto:denise@florasabi.org>. For more on the guidelines, please see [www.16guidelines.org](http://www.16guidelines.org) To join the Essential Education mailing list and get free newsletters, go to [www.essential-education.org](http://www.essential-education.org) and click "Subscribe."

May this work be of benefit!

Denise Flora, 14 June 2009

| Guideline                   | "Song"                   | Artist                             | Album  |
|-----------------------------|--------------------------|------------------------------------|--|
| <b><u>How we Think:</u></b> |                          |                                    |  |
| <b>Humility</b>             | "Stay Humble"            | Tyler James                        | An EP or<br>the compilation Ten out of Tenn. |
| <b>Patience</b>             | "Seasons Change"         | Corinne Bailey Rae                 | Corinne Bailey Rae (Patience)                |
|                             | "Ebony and Ivory"        | Paul McCartney<br>w/ Stevie Wonder | Tug of War (Tolerance)                       |
| <b>Contentment</b>          | "Say (All I Need)"       | OneRepublic                        | All That you Can't Leave Behind              |
| <b>Delight</b>              | "What a Wonderful World" | Joey Ramone                        | Don't Worry About Me                         |

**How we Act:**

|                              |                              |              |                    |
|------------------------------|------------------------------|--------------|--------------------|
| <b>Kindness</b>              | "Hands" *                    | Jewel        | Spirit             |
| <b>Honesty</b>               | "Aiming for Honesty"         | Jesse Ruben  | Aiming for Honesty |
| <b>Generosity</b>            | "If Today was your last Day" | Nickelback   | Dark Horse         |
| <b>Thoughtful<br/>Speech</b> | "Crying Shame"               | Jack Johnson | The Mango Tree     |

**How we Relate to others:**

|                       |                     |   |  |
|-----------------------|---------------------|---|--|
| <b>Respect</b>        | "Big Yellow Taxi"   | Counting Crows                            | Films About Ghosts                                 |
| <b>Forgiveness</b>    | "Forgiveness"       | Leona Lewis                               | Spirit   |
| <b>Gratitude</b>      | "Music of My Heart" | Gloria Estefan<br>w/ N'sync               | Greatest Hits II                                   |
| <b>Responsibility</b> | "Stand by Me"       | by the musicians of<br>Playing for Change | Songs Around the World<br>(also works for Loyalty) |

**How we Find Meaning:**

|                   |                   |                     |                                    |
|-------------------|-------------------|---------------------|------------------------------------|
| <b>Principles</b> | "Live High"       | Jason Mraz          | We Sing, We Dance, We Steal Things |
| <b>Aspiration</b> | "Unwritten"       | Natasha Bedingfield | Unwritten                          |
|                   | "Yes, we can can" | Marc Broussard      | S.O.S.: Save our Souls             |
| <b>Service</b>    | "Be the Change"   | Kat Edmonson        | [single]                           |
| <b>Courage</b>    | "Rockin' Horse"   | Sara Evans          | Restless or Feels Like Home        |

\* does mention God at the end.

For more on the guidelines, please see [www.16guidelines.org](http://www.16guidelines.org) For more on Essential Education please go to [www.essential-education.org](http://www.essential-education.org)

from Denise Flora, 14 June 2009  
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