

(To the tune of If You're Happy And You Know It)

When you're collecting power

Think of red

When you're feeling all your power

Think of red

When you're feeling all your powers

You have energy for hours

When you're feeling all your power

Think of red

Orange is for joyfulness and play

Orange is for joyfulness and play

Joy and play to lead the way

To health and growth today

Orange is for joyfulness and play

Calm and steady like a sunbeam

Think of yellow

Working without stressing

Think of yellow

On an ordinary day

Doing things around the place

Calm and steady like a sunbeam

Think of yellow

Practice doing something new

You're growing green

Practice and get better

At the scene

There's always something new

It might interest you to do  
Keep growing green  
Green  
Green

Sometimes sitting still's the only way  
To find feelings knowing they're all okay  
There might be sadness there  
Blue feels are ones to share  
Sit a bit and listen for the blue

Purple's when you're proud of who you are  
You've worked and grown to get yourself this far  
Each day comes to an end  
Then they start up again  
Purple's when you're proud of who you are