Teepa’s Songs:

A Positive Approach
To the Tune of “Amazing Grace”

Come from the front
Go slow
Get to the side
Get low
Offer your hand
Call out the name then wait…
If you will try, then you will see
How different life can be.
For those you’re caring for!

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I Will Change
To the tune of “This Little Light of Mine”

I am gonna’ meet and greet
Before I start to treat
I am gonna’ meet and greet
Before I check your feet
I am gonna’ meet and greet
Before I help you eat
How I start sets us up to succeed!

No more just ‘gettin’ it done’
I’m gonna’ do with you
No more just ‘gettin’ it done’
I’m gonna’ help you through
No more just ‘gettin’ it done’
We’re gonna’ work, we two
Cause if I do it all, we both lose!

I’m gonna’ laugh and dance with you
Not just watch and frown
I’m gonna’ laugh and dance with you
Not just stand around
I’m gonna’ laugh and dance with you
We’ll really go to town
For the power of joy I have found!

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Progression of the Condition
To the Tune of “This Old Man”

Note: Each verse is sung progressively slower

**Sapphire** true, you and me ~ The choice is ours, and we are free
To change our habits, to read, and think and do
We’re flexible, we think it through!

**Diamond** bright, share with me ~ Right before, where I can be
I need routine and different things to do
Don’t forget, I get to choose!

**Emerald** – Go, I like to do ~ I make mistakes, but I am through!
Show me only one step at a time
Break it down and I’ll be fine!

**Amber** – Hey! I touch and feel ~ I work my fingers - rarely still
I can do things, if I copy you
What I need is what I do!

**Ruby** – skill – it just won’t go ~ Changing something must go slow
Use your body to show me what you need
Guide, don’t force me, don’t use speed!

Now a **Pearl**, I’m near the end ~ But I still feel things through my skin
Keep your handling always firm and slow
Use your voice to calm my soul.

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**PAC Trainer Song**
To the tune of the Garden Song

When we train, we don’t preach
“Try it out,” is what we teach
There’s a method underneath,
that spirals us around!
Raise awareness, plant a seed
Build up knowledge, minds to free
Practice skills so all succeed
By matching each one’s needs

Set it up with what it means
Get them all to do this, please.
Then we talk of what was seen,
and heard, and felt between
After that we wonder why
How it was that you and I
Although we’re different, it’s no lie
connect the dots, then try.

Oh, Uh-Oh, Ahhhh, Ah-Ha
Leads us all to our Ta-Da!!!
To cycle round will change us all
in hearts and heads and hands.

Oh, Uh-Oh, Ahhhh, Ah-Ha
Leads us all to our Ta-Da!!!
To cycle round will change us all
in hearts and heads and hands.