



A Treasury of Family Folk Tunes

SONGS AND ACTIVITIES TO SHARE TOGETHER

-with-

GINALINA



Welcome to the Neighbourhood

Lyrics and music by Ginalina

Verse 1

Welcome to the neighbourhood today
There's lots to do and lots to see
and lots to play
People to meet, people to greet
Children dancing in the street
You'll like it here, and we hope that
you will stay ... you will stay, you
will stay

Chorus

What a day to make a new friend
A perfect day to shake someone's
hand
What a day to make a new friend
Welcome to the neighbourhood
today

Verse 2

There's nothing like a place to call
your own

With friends and family to really
make it home
We know the roads, we know the
streets
We know the parks and where to meet
You'll never need to ever feel alone

Chorus

Instrumental

Bridge

A brother afar is a good thing,
I'm clear
Though sometimes all you need is
waiting right here
We are all different, but so much
the same
Hi, how are ya, what's your name?
What's your name?

Chorus



What sorts of buildings are in your neighbourhood?

Can you name five people who are in your community? It could be
a teacher, a neighbour, a shop owner, or a family member!



[Watch Welcome to the Neighbourhood on YouTube](#)



[Listen to Welcome to the Neighbourhood on Spotify](#)



Calling Out The Sun

Lyrics and music by Ginalina

Chorus

Calling out the sun,
calling out the sun
Calling out the sun for everyone
Calling out the sun,
calling out the sun
Calling out the sun for everyone

Verse 1

To the North side
To the East side
To the South side
To the West side
People everywhere
Young and old share
We have one sun, we have one sun,
we have one sun

Chorus 2

Huānyíng tàiyáng, lái, huānyíng
tàiyáng, lái
Dàjiā lái wán
Huānyíng tàiyáng, lái, huānyíng
tàiyáng, lái
Dàjiā lái wán

Verse 2

Dài dào běibian
Dài dào dōngbian
Dài dào nánbian
Dài dào xībian
W men dōu yīyàng
W men dōu fēnxi ng
Yīgè tàiyáng Yīgè tàiyáng Yīgè
tàiyáng



This song says "We share one sun". What other things do we all share?



[Listen to Calling Out The Sun on Spotify](#)



The Life Cycle (hop, hop, hop)

Lyrics and music by Ginalina ©2020

Verse 1

I see something floating in the big
blue pond
A floaty bunch of eggs is called frog
spawn
Slippy, slide-y, they will grow
Bigger bigger 'til you know
They will start to hop around

Chorus

They will go:
Hop hop hop, hop hop hop
Hopping all around
Hop hop hop, hop hop hop
Froggies on the ground
Little ones, life goes round and
round and round
Oh the life cycle goes round and round

Verse 2

I see something swimming in the big
blue pond

A swimmy group of tadpoles - small
tails on
Splishy, splashy, they will grow
Bigger, bigger 'til you know
They will start to hop around

Chorus

Instrumental



Verse 3

I see something wiggling in the big
blue pond
Many wiggly froggies - tails all gone
Itty, bitty, on the shore
Happy, hopping more and more
See, they all jump around

Chorus

Tag

Little ones, life goes round and round
Oh the life cycle goes round and round



The life cycle of a frog goes from egg to tadpole to froglet to adult frog. What other life cycles can you describe? A chicken, a tree, a human?



[Watch The Life Cycle \(hop, hop, hop\) on YouTube](#)

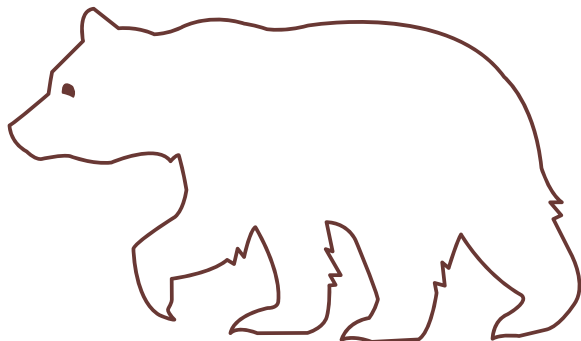


[Listen to The Life Cycle \(hop, hop, hop\) on Spotify](#)

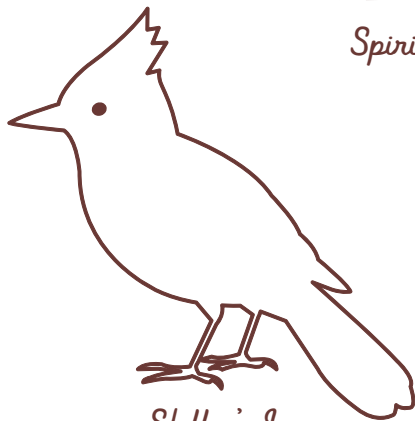
Colouring West Coast Animals

These animals can be found in British Columbia.

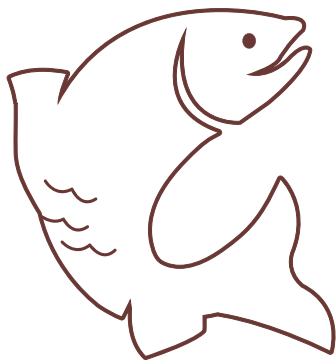
What animals do you see in your region?



Spirit Bear



Steller's Jay



Pacific Salmon

Bread, Bread, Bread

Lyrics and music by Ginalina

Chorus

Bread! Eat it with jam!
Bread! Eat it with ham!
Bread! Everyday
Bread, bread, bread!

Verse 1

Bread with butter, bread with
cheese
Bread with clover honey please
Pumpnickel or whole wheat
Bread, bread, bread!

Chorus - variation

Bread! Eat a big slice!
Bread! Tastes so nice!
Bread! Everyday
Bread, bread, bread!

Verse 2

Bread with pudding, bread with tea
Bread with chicken noodles, please
Cin'mon raisin, gluten free
Bread, bread, bread!

Bridge

One rise, two rise, wait for sunrise
Now it's time to bake ...
Cup warm water, spoon of yeast
Pour in flour, knead, knead, knead
Pat it, plump it, do-re-mi
Bread, bread, bread



Have you ever baked your own bread? Ask an adult to help you try the bread recipe on page 4.



[Listen to Bread, Bread, Bread on Spotify](#)



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EASY HOMEMADE BREAD

makes 2 loaves

Ingredients

4 cups (500g) bread flour
1 envelope (7g) active dry yeast
(or 25g fresh yeast)
1 tsp (5g) salt
1 1/3 cup (320ml) lukewarm water

Prep time

20 mins + rising time

Cook time

25 mins

Total time

45 mins + rising time



Directions

1. In a large bowl, mix flour with salt and yeast. Add water, mix everything together and start kneading until the dough is smooth and pulls away from the sides of the bowl. Transfer the dough to a clean oiled bowl and cover with plastic wrap. Let it sit for about 1 hour to rise at room temperature (warm space), until doubled in size.
2. Dust some flour and cornmeal on the working surface. Transfer dough to the floured surface. Divide the dough into 2 pieces and give 2-3 twists to each piece of dough. Put them into a parchment paper lined baking tray. Cover with a kitchen towel and let rest for another 30 minutes.
3. Meanwhile preheat the oven to 470°F (240°C).
4. Place a small pot with hot water at the base of the oven to create steam.
5. Place the tray in the oven and bake for 15 minutes with steam.
6. Remove the pot with water from the oven, reduce oven temperature to 440°F (230°C) and bake for another 10-15 minutes until golden.
7. Cool on a wire rack. Let the bread cool completely before cutting.



Small But Mighty

Lyrics and music by Ginalina

Verse 1

Every child, they have a name
Every spark can be a flame
One idea can bloom to fame
Small but mighty
Every step can be a start
Every word can touch a heart
Everyone can play a part
Small but mighty

Chorus

We are small but we are mighty
We are small but we are mighty

Verse 2

Every seed can be a tree
Every thought can wander free
Every one can choose to be
Small but mighty

And every star can be a light
Every dream can take to flight
As we are, we're shining bright
Small But Mighty

Key Change

Verse 1 - with children

Outro x2 (with Verse 1 in background)

Every tune every town every
territory
Every hand, every heart every
category
Every voice singing in our epic story
Small but mighty

Small but mighty
Small but mighty



What does it mean to be small but mighty? Are you small but mighty? How? Tell an adult about it.



[Watch Small But Mighty on YouTube](#)



[Listen to Small But Mighty on Spotify](#)



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Apple Apple Seed

Lyrics and music by Ginalina ©2020

Verse 1

I'm an apple, an apple seed
I'll grow up if you water me
Apple, apple, apple seed,
I will be a tree



Musical interlude

Verse 2 (French)

Je suis une graine, une graine
d'orange
Je vais pousser avec de l'eau
Graine, graine, graine d'orange,
je serai un orangier



Verse 3 (Mandarin)

我是一個櫻桃子
Wǒ shì yī ge yīng táo zǐ
加加水, 我會長大,
Jiā jiā shuǐ, wǒ huì zhǎng dà
櫻桃, 櫻桃, 櫻桃子
Yīng táo, yīng táo, yīng táo zǐ
我會變成樹
wǒ huì biàn chéng shù



Verse 4

I'm an apple, an apple seed
I'll grow up if you water me
Apple, apple, apple seed,
I will be a tree
Apple, apple, apple seed,
I will be a tree



Learn a few words in French and Mandarin! You can start by watching the video and learning how to sing this song! It's very fun to speak in different languages!



[Watch Apple Apple Seed on YouTube](#)



[Listen to Apple Apple Seed on Spotify](#)



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The Best Is Apple Pie

Lyrics and music by Ginalina

Verse 1

Things taste good when they are sweet
An orange carrot and a big red beet
Chopped up rutabaga, what a treat
And how 'bout apple pie?

Chorus

All it takes is:
Flour, sugar, cinnamon, spice
Butter, milk, and an apple slice
In the oven for a little while
We've got apple pie

Verse 2

Things taste good when they are sweet
An orange mango, and a raspberry
Can't miss watermelon, what a treat
And how 'bout apple pie?

Chorus

Verse 3

Mmm, apple pie
Smells so good and looks so nice
Call your friends, oh me oh my
We've got apple pie

Chorus

Verse 4

Yeah, things taste better when they
are sweet
And friends at table can't be beat
There's always room for one more seat
And the best is apple pie!



This song features a banjo as well as the guitar! Listen to the song and then listen to the song again! Tap your toes when you hear the banjo! Try to colour the folk instruments you see on the next page!



[Watch The Best Is Apple Pie on YouTube](#)



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Everyone On the Passenger Train

Lyrics and music by Ginalina ©2020

Intro

Chooga chooga choo!

Verse 1

All aboard this trusty train
Clickity clack in sun and rain
It's a bumpity ride and a big old
game - we're on the passenger train

Chorus x2

We're on the train
We're on the train
Everyone on the passenger train

Verse 2

To every nation, every street
Babies, wheelchairs, watch your feet
You may like to share your seat
when you're on the passenger train

Verse 3

Up mountains high, through valleys
low
Sometimes fast, sometimes slow
Make new friendships as we go -
we're on the passenger train

Chorus

Bridge

There's lots to do and lots to play
And new adventures everyday
Open your hearts along the way
Together, together, together

Chorus out with Whoo-Whoo's



If you could go on a train ride, who would be with you?
Can you draw them?



[Watch Everyone On the Passenger Train on YouTube](#)



[Listen to Everyone On the Passenger Train on Spotify](#)

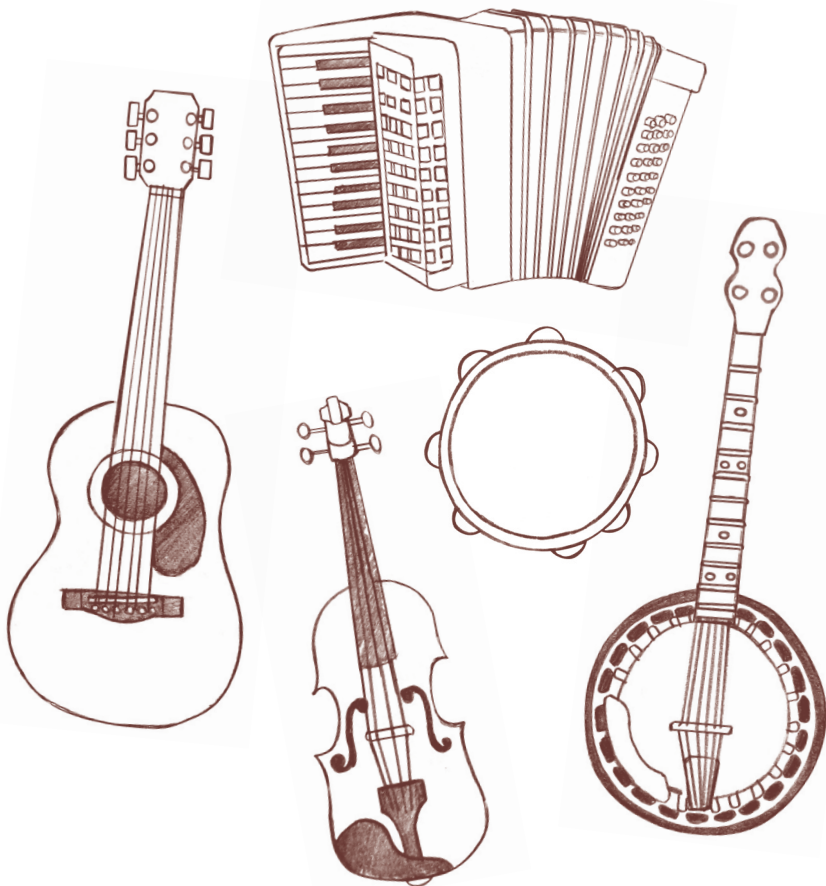


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Instruments to Colour

These are some of the instruments that are heard in my music.
Can you hear them?



I Like You

Lyrics and music by Ginalina

Intro

I like you and you like me
- that's the way it goes
I like you and you like me,
and everybody knows

Verse 1

I like the way you dance,
I like the way you sing
I like the way you pout,
I like your ev'rything
I like the way we talk,
I like it the way we play
I like you more and more
with ev'ry passin' day

Verse 2

If you are sick, I call,
if you are scared, I scream
If you are hurt,
I run for band-aids and ice cream

If I tell jokes, you laugh,
if I fall down, you cry
If I am mad,
you wait 'til that time sailed on by

Chorus

Outro-x2 (with Verse 1 in background)

Who can explain the sun shinin'
everyday?
Who can explain a ship crashin' on
the wave?
Who can explain just how an eagle
soars the sky?
I like you and you like me - don't
matter why, don't matter why

I like you and you like me
- that's the way it goes
I like you and you like me,
and everybody knows



Think of somebody who helped you when you needed help. Maybe they read a book to you, played a game with you, taught you a new trick, shared something special with you. Say "thank you" to that friend. Maybe you can even make them a card to tell them how much you appreciate them!



[Listen to I Like You on Spotify](#)



My Family Keeps Me Warm

Lyrics and music by Ginalina

Verse 1

I feel the wind, it tousles up my hair
I catch the breeze,
my kite flies in the air
It whistles high, it rustles low
And deep inside I know
- my family loves me so

Chorus

My family keeps me nice and warm
They love me in their special way
My family keeps me nice and warm
Every season, every day

Verse 2

I hear the squall,
it's howling at my door
I see the flash,

here comes the thunderstorm
The pitter patter of the rain
Is pouring down outside
- Inside I am dry

Chorus

Verse 3

I see the snow,
it's twirling round my head
The lake, I know,
is now a frozen bed
The twinkling snowflakes
spin around
And sparkle in their way
- I'm warm enough today - ooo

Chorus



How many people are in your family? Do you have brothers, sisters, cousins, aunts, uncles, grandparents, parents, and others?



[Watch Home is Family on YouTube](#)



Let's Draw!

Draw a picture of your family here!



Bio



Ginalina is a heart-forward singer-songwriter who creates a world of family folk music and beautiful children's books that celebrate nature, community, love, and friendship, and the connections we share between them. Songs and stories are timeless and real, warm and winsome, emotive and energizing. Together, and in English, Mandarin, and French, with loved ones, strangers, and friends, we can open this book and share wild and wonderful moments of singing, dancing, and a sort of kindness that this world needs more than ever.

Ginalina is a 3x Juno-nominated artist and 2x Western Canadian Music Award winner. She is also an international ambassador for Kala Ukulele and Tree Picks Canada. As an author, her books have been starred and shortlisted for Kirkus Books and the Canadian Children's Book Centre.



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