

**Theme:** Sunshine

**YouTube Playlist:** [https://youtube.com/playlist?list=PLFTw3dKr7K0sNLXF\\_GWQJqH6xEArnQrrZ](https://youtube.com/playlist?list=PLFTw3dKr7K0sNLXF_GWQJqH6xEArnQrrZ)

**Greeting/Gathering Song:** Good Day Sunshine

**Moving:** Aquarius/Let the Sunshine In

**Singing:**

On the Sunny Side of the Street

*Discussion*

Written by Jimmy McHugh & Dorothy Fields, this song has been recorded by numerous artists and appeared in many movies and television shows.

In this song, the words encourage listeners to leave their worries behind and head out for a walk. What are some things that you do to manage your worries or stress? Did you ever exercise or go for a walk/run? See if you can guess the top 10 ways to manage stress (from WebMD):

1. Exercise
2. Relax your muscles (stretching, massage, hot bath/shower, good nights' sleep)
3. Deep breathing
4. Eat well
5. Slow down
6. Take a break (meditation, yoga, prayer, listen to music)
7. Engage in a hobby
8. Talk about your problems
9. Go easy on yourself
10. Identify things that trigger stress and work to eliminate them

Wait 'Til the Sun Shines, Nellie

*Discussion*

Written in 1905, this song has been performed and recorded in barbershop and country western style, as well as by artists as diverse as Bing Crosby and Buddy Holly. In fact, it's been recorded so many times it's considered a pop standard! It has also been adopted as the anthem of the New York Stock Exchange, who have sung it every Christmas Eve and the last trading day of every year since 1934.

What are some things that you're waiting or hoping for?

## Here Comes the Sun

### *Discussion*

This song was written by George Harrison on a day when he was skipping out some business meetings and spending the day at his friend's country home instead. (The friend happened to be Eric Clapton!) The hopefulness of a spring day led to these lyrics. Living in Minnesota, we can relate to these lyrics particularly well!

What is your favorite season? Why? What are some of your favorite things about spring?

## We'll Sing in the Sunshine

### *Discussion*

Looking back, what were some of the "sunshine" years/times of your life? Tell about a happy memory.

## You Are the Sunshine of My Life

### *Discussion*

Who would YOU say is the sunshine of YOUR life? It might be your spouse or love, your children or even a pet! Is there anyone who has contributed to your happiness TODAY? What did they do to help brighten your day? How can you help bring some sunshine to those around you?

## You Are My Sunshine

### *Discussion*

As one of the most commercially used songs of all time, this song is familiar to so many. Try playing a game of music "taboo" for a brain challenge. Pick a word that is "taboo" and sing the song leaving it out or humming in its place. (as a visual cue, place your hand over your mouth to help the group)

*Example:* sunshine = taboo word

You are my \_\_\_\_\_, my only \_\_\_\_\_

You make me happy when skies are gray

You'll never know dear, how much I love you

Please don't take my \_\_\_\_\_ away

Words to try = sunshine, my, you

Since this chorus is so well known, you could also take turns going around the circle with each person singing the next word in the song.

You – are – my – sunshine – my – only – sunshine (each word sung by the next person)

\*\*These games work on memory and attention skills because participants must think the song in their own head singing or omitting words as required for the game.

### **Listening/Watching** (See YouTube playlist)

"Sunrise, Sunset" from *Fiddler on the Roof*

Sunny – Marvin Gaye

Sunshine on My Shoulders – John Denver

The Warmth of the Sun – Beach Boys

Ain't No Sunshine – Bill Withers

**Closing Song:** May You Always

## Good Day Sunshine

Good day sunshine

Good day sunshine

Good day sunshine

I need to laugh, and when the sun is out

I've got something I can laugh about

I feel good, in a special way

I'm in love and it's a sunny day

Good day sunshine

Good day sunshine

Good day sunshine

We take a walk, the sun is shining down

Burns my feet as they touch the ground

Good day sunshine

Good day sunshine

Good day sunshine

And then we lie, beneath a shady tree

I love her and she's loving me

She feels good, she knows she's looking fine

I'm so proud to know that she is mine

Good day sunshine, Good day sunshine,

Good day sunshine, Good day sunshine

Good day sunshine, Good day sunshine

## On the Sunny Side of the Street

Grab your coat and get your hat  
Leave your worries on the doorstep  
Just direct your feet  
To the sun sunny side of the street

Can't you hear the Pitter-pat  
and that happy tune is your step  
Life can be so sweet  
On the sun sunny side of the street

I used to walk in the shade  
With those blues on parade  
Now I'm not afraid  
This Rover, crossed over

If I never have a cent  
I'll be rich as Rockefeller  
Gold dust at my feet  
On the sunny sunny side of the street

## Wait 'Til the Sun Shines, Nellie

Wait 'till the sun shines, Nellie  
Wait 'till the sun shines, Nellie  
By and by

Wait 'till the sun shines, Nellie  
And the clouds go a-drifting by  
We will be happy, Nellie  
Don't you cry

Down Lover's Lane we'll wander  
Sweethearts you and I  
Wait 'till the sun shines, Nellie  
By and by

Down Lover's Lane we'll wander  
Sweethearts you and I  
Wait 'till the sun shines, Nellie  
By and by

## **Here Comes the Sun**

Here comes the sun do, do, do

Here comes the sun - And I say it's all right

Little darling, it's been a long cold lonely winter

Little darling, it seems like years since it's been here

Here comes the sun do, do, do

Here comes the sun - And I say it's all right

Little darling, the smiles returning to the faces

Little darling, it feels like years since it's been here

Here comes the sun do, do, do

Here comes the sun - And I say it's all right

Little darling, I feel that ice is slowly melting

Little darling, it seems like years since it's been clear

Here comes the sun do, do, do

Here comes the sun - And I say it's all right

Here comes the sun do, do, do

Here comes the sun - And I say it's all right

## We'll Sing in the Sunshine

We'll sing in the sunshine  
We'll laugh every da-a-why  
We'll sing in the sunshine  
Then I'll be on my way

I will never love you  
The cost of love's too dear  
But though I'll never love you  
I'll stay with you one year

And we can sing in the sunshine  
We'll laugh every da-a-why  
We'll sing in the sunshine  
Then I'll be on my way

I'll sing to you each mornin'  
I'll kiss you every night  
But darlin', don't cling to me  
I'll soon be out of sight

*(turn page)*

But we can sing in the sunshine  
We'll laugh every da-a-why  
We'll sing in the sunshine  
Then I'll be on my way

My daddy he once told me  
"Hey, don't you love you any man"  
"Just take what they may give you"  
"And give but what you can"

"And you can sing in the sunshine"  
"You'll laugh every da-a-why"  
"You'll sing in the sunshine"  
"Then be on your way"

And when our year has ended  
And I have gone away  
You'll often speak about me  
And this is what you'll say

"We sang in the sunshine  
"You know, we laughed every da-a-why"  
"We sang in the sunshine"  
"Then she went on her way"



## You are the Sunshine of My Life

You are the sunshine of my life  
That's why I'll always be around  
You are the apple of my eye  
Forever you'll stay in my heart

I feel like this is the beginning  
Though I've loved you for a million years  
And if I thought our love was ending  
I'd find myself drowning in my own tears

You are the sunshine of my life  
That's why I'll always stay around  
You are the apple of my eye (love has joined us)  
Forever you'll stay in my heart (love, sweet love)

You must have known that I was lonely  
Because you came to my rescue  
And I know that this must be heaven  
How could so much love be inside of you?

You are the sunshine of my life, yeah  
That's why I'll always stay around  
You are the apple of my eye (love has joined us)  
Forever you'll stay in my heart (love, sweet love)

You are the sunshine of my life, baby  
That's why I'll always stay around  
Can't stop me, babe

## You Are My Sunshine

The other night dear, as I lay sleeping  
I dreamed I held you in my arms  
But when I awoke, dear, I was mistaken  
So I hung my head and I cried.

You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know dear, how much I love you  
Please don't take my sunshine away

I'll always love you and make you happy,  
If you will only say the same.  
But if you leave me and love another,  
You'll regret it all some day:

You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know dear, how much I love you  
Please don't take my sunshine away

You told me once, dear, you really loved me  
And no one else could come between.  
But not you've left me and love another;  
You have shattered all of my dreams:

You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know dear, how much I love you  
Please don't take my sunshine away      *(turn page)*

In all my dreams, dear, you seem to leave me  
When I awake my poor heart pains.

So when you come back and make me happy  
I'll forgive you dear, I'll take all the blame.

You are my sunshine, my only sunshine  
You make me happy when skies are gray  
You'll never know dear, how much I love you  
Please don't take my sunshine away

## May You Always

May you always walk in sunshine  
Slumber warm when night winds blow  
May you always live with laughter  
For a smile becomes you so

May good fortune find your doorway  
May the bluebird sing your song  
May no trouble travel your way  
May no worry stay too long

May your heartaches be forgotten  
May no tears be spilled  
May old acquaintance be remembered  
And your cup of kindness filled

And may you always be a dreamer  
May your wildest dream come true  
May you find someone to love  
As much as I love you

May old acquaintance be remembered  
And your cup of kindness filled

And may you always be a dreamer  
May your wildest dream come true  
May you find someone to love  
As much as I love you