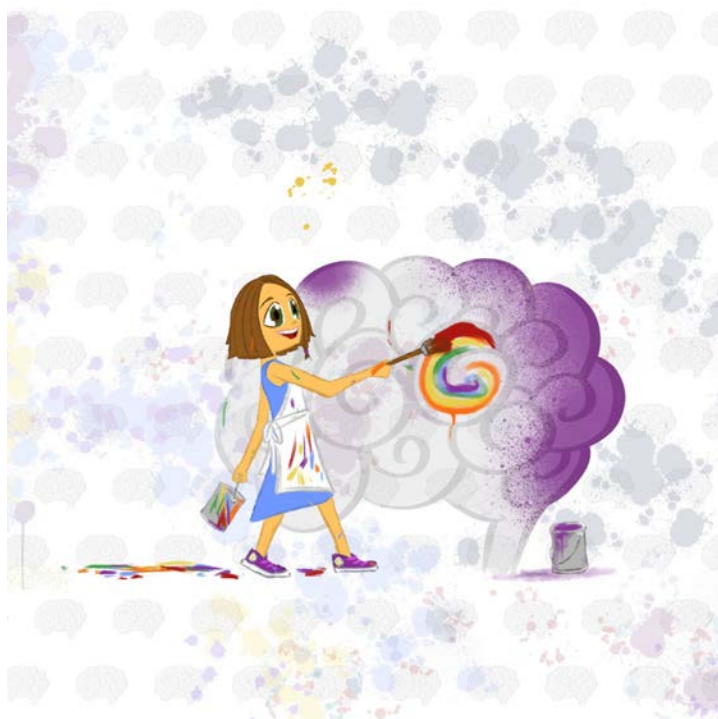


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*A Song to Activate*

# Brain Changing Power!



## **Song and Facilitation Guide**

Written by Nicole Edwards, M.S.M.

Inspired by the book *Sticky Brains* by Nicole Libin, Ph.D.

Illustration by Cam Marsollier

## **Table of Contents**

- 1) Title Page
- 2) Table of Contents
- 3) Songwriter's Message
- 4) Lyrics
- 5) Additional B.C.P. Verses
- 6) Facilitation Guide
- 11) Songwriter's Summary
- 12) Action Guide
- 14) List of Resources
- 15) Credits



## Songwriter's Message

For over two decades I've been faced with serious physical and mental health challenges. This experience led me to create songs as tools to help me cope with and move through overwhelming symptoms. I am thrilled to learn and to share that we do have Brain Changing Power (neuroplasticity) that can support our nervous system to cope, heal and thrive. It takes patience, discipline and repetition... and singing with actions makes it FUN.

~ Nicole Edwards

# Brain Changing Power

Song by Nicole Edwards 2021

*'I sing this song to activate my Brain Changing Power!'*

## LYRICS

### Intro Chorus

Sticky brain, sticky brain - so stick-ay  
 Sticky brain, sticky-Brain Changing Power!  
 Sticky brain, sticky brain - so stick-ay  
 Sticky brain, sticky-Brain Changing Power!  
 Clap, \_clap, clap, clap-clap - Change the channel now  
 Click, \_click, click, click-click

### Intro Verse

Good-bye super highway, I'm taking a new path  
 No monsters, no danger, no tiger attack  
In a flash I'll send a message to dispatch  
 I'm going on a Quest so my brain can take a rest

### Chorus

Clap, \_clap, clap, clap-clap-Brain Changing Power!  
 Clap, \_clap, clap, clap-clap - Change the channel now  
 Click, \_click, click, click-click

### Verse 1

All along my new path, what do I see?  
 The most amazing play-ground that ever could be  
Climbing & sliding and tunnels galore  
Jumping & pumping & swinging some more.

### Chorus

Clap, \_clap, clap, clap-clap-Brain Changing Power!  
 Clap, \_clap, clap, clap-clap - Change the channel now  
 Click, \_click, click, click-click

### Verse 2

All along my new path, what do I see?  
 The most amazing farm-yard that ever could be  
 There's goats and bunnies and funny fuzzy chicks.  
 There's pigs and ponies and puppies chasing sticks!

### Chorus

Clap, \_clap, clap, clap-clap-Brain Changing Power!  
 Clap, \_clap, clap, clap-clap - Change the channel now  
 Click, \_click, click, click-click

### Verse 3

All along my new path, what do I see?  
 The most amazing waterfall that ever could be  
 I walk behind the waterfall and look through the spray  
 There's a magical rainbow of colours on display

Clap, \_clap, clap, clap-clap-Brain Changing Power!  
 Clap, \_clap, clap, clap-clap - Change the channel now  
 Click, \_click, click, click-click

### Verse 4

All along my new path, what do I see?  
 The most enchanted forest that ever could be  
Moss, soft under my feet. Trees, tall as the sky.  
 A home to many critters and shining butterflies.

### Chorus

Clap, \_clap, clap, clap-clap-Brain Changing Power!  
 Clap, \_clap, clap, clap-clap - Change the channel now  
 Click, \_click, click, click-click

### Funky Interlude

Notice notice Notice notice Notice notice  
 Stickity stickity, \_UNSTUCK

### Outro-Chorus

Happy brain, happy brain - NO stick-ay!  
 Happy brain, happy-Brain Changing Power!  
 Happy brain, happy brain - NO Worr-ay!  
 Happy brain, happy brain!

## More B.C.P. Verses

All along my new path, what do I see?  
The most amazing tree fort that ever could be.  
It's secret, and hidden, in a special spot.  
It's cozy, and I'll share, the goodies I brought.

All along my new path, what do I see?  
The most loving Grandma that ever could be.  
She plays, and listens, and watches my successes.  
She's smart, and funny, and she wears pretty dresses.

All along my new path, what do I see?  
The cutest little puppy dog that ever could be.  
He's cuddly, and wiggly, and gives me tiny licks.  
He wags his furry tail, sits pretty and does tricks.

All along my new path, what do I see?  
The most amazing rocket ship that ever could be.  
I have the best technology at my finger tips.  
I see the planets and do zero-gravity flips.

All along my new path what do I see?  
The most gigantic snow ball that ever could be.  
I climb up to the top so I can survey the view.  
Then I kick through a tunnel, sliding all the way through.

All along my new path, what do I see?  
The most enchanted ski trail that ever could be.  
Inhale the crisp clean air, gliding fast and slow  
(same rhythm as *enchanted forest* verse)  
Softly floating diamonds, sparkle in the snow.



## Facilitation Guide

**Ages:** Adaptable for all age groups and levels.

**Objective:** To learn a musical strategy to help us shift away from noticing \*the bad stuff, toward noticing \*the good stuff, and... to have FUN!

**Background:** To introduce and practice the concepts of:

- negativity bias (sticky brains),
- neuroplasticity (brain changing power) and
- mindfulness (noticing).

The ***Brain Changing Power*** song is a tool to practice self-regulating big overwhelming feelings, like anxiety and frustration, and to learn to access our own Brain Changing Power to feel better.

***“Super-highway”*** refers to an ingrained brain pathway that is so deep that we can get stuck there, and often, getting “stuck in a rut” does not serve us well.

***“I’m taking a new path”*** refers to our ability to create new, calm, positive brain pathways. By practicing, we can create a more travelled pattern in order to access calm, regulated feelings more readily. \*We get better at what we practice.

***“Change the channel”*** is a way to describe noticing a thought and choosing to focus on something preferable.

Essential Message:

We have ***Brain Changing Power*** and  
\*the more we practice, the stronger our brains will be!

## Preparation

Learn the melody, clapping rhythm and actions by using the resources provided.  
(See the list of resources on p. 15)

Be prepared to lead the clapping and actions so your participants can watch you to follow along. To start, I recommend keeping it simple and to focus on the *clapping* and *chorus* words-actions. Participants will follow along and become more comfortable with practice. You can build difficulty in time according to your group's level.

If you sing it aloud, without the recording, you will be able to adapt the words and actions to your participants. Feel free to select or add verses that engage your participants the most, or drop ones that are less relatable. For example, younger ones may relate to the playground and the farm animal images. Older participants may identify more with the waterfall and enchanted forest.  
(See more verse choices on p. 6)

*Alternatively, an audio recording may be played to a group while a facilitator acts out the clapping and actions for the participants to follow along with. Note that there are two audio versions in mp3 format. "Brain Changing Power" is the complete song. Learn from it and sing along with it. The "karaoke version" mutes the singing in the verses, so that you and your group can sing your chosen and original verses along with the beat.*

## Teaching Point and Connection

*"Sometimes when life feels bad, scary or sad, our brains get sticky and we can't think of anything else. Negative thoughts can stick to the brain like glue."*

*"Let's read and find out how this little girl, Aria solves her sticky brain problem."*

Read aloud the book [Sticky Brains](#) by Nicole Libin.

The book gives the song context and features a story explaining negativity bias and mindful tools to encourage neuroplasticity. However, reading is not required before singing the song each time.

After the story, play or sing the *Brain Changing Power* song and clap along using actions.  
See the *Action Guide* for examples.

*"Let's sing a song to change our brains, so we can see and feel things in a new way."*

\*The [Sticky Brains Book](#) says: *"Instead of getting stuck, we can choose what we want to notice. Let's pay attention to how the good things make us feel inside. Then we can soak in the good feelings. So remember, when everything feels awful, you can train your brain to stick less to the bad and notice more of the good. You just need to practice until it sticks."*

*"Sing along with me to activate your Brain Changing Power."*

\* Indicates taken from the book *Sticky Brains* by Nicole Libin

# Active Involvement

When facilitating this song to a group for the first time, practice the clapping rhythm prior to singing the song. Clapping helps to unstick a brain pattern. Some participants may feel comfortable joining in by clapping or following actions, but not by singing, especially initially. We want all participants to succeed at participating at *their own level*. This rehearsal will allow the clapping to act as an anchor.

For example: “*I have a fun action song for us. It has a clapping rhythm that can activate your Brain Changing Power. So let’s practice before we start the song. Our brains get good at what we practice! Repeat after me.:*”

- ♥ Clap the rhythm from the audio recording:  
Clap, \_clap, clap, clap-clap. (*rest rest rest*) Repeat.

Repeat until the participants feel comfortable. It doesn’t have to be perfect; it’s a head start to learning the song. Encourage and praise them for their efforts. Now they have a participation anchor. Alternatively, if you know your group and their participation level, you can dive right into singing with actions and everyone can learn on the fly by watching the facilitator.

If you see your participants over a series of classes, **I recommend that you select 2-4 different “All along my new path” verses each time you sing it and keep the rest of the song the same.** That way the neuroplasticity message will be practiced and reinforced with the repetition of the clapping and actions, while the song stays fresh with different verses each time. **If participants create their own new verses, these can be selected for sharing and singing together.**

## Extension Activities

### 1. LITERACY ACTIVITY: Create your own verse

Make up new verses to the *Brain Changing Power* song created from the participants’ chosen *safe-happy places*. Allow personal time to imagine or remember a place where they feel safe and have fun. Ask them to describe a scene with words or pictures; somewhere they can give their brain a rest, or “*change the channel*” to something good. For example, ask participants to finish the sentence: “*All along my new path what do I see?*” and follow the song pattern to complete a new original verse.

#### Sample Pattern:

All along my new path what do I see?

The most \_\_\_\_\_  
(amazing or enchanted or tiny or gigantic or crazy or other) that ever could be!

\_\_\_\_\_  
(Describe it.)

\_\_\_\_\_  
(Another sentence describing this cool and wonderful safe-happy place.)



### Song-writing tips:

- ♥ Can you make the last word of the new sentences rhyme?
- ♥ Can you make the last 2 lines contain the same number of syllables/beats?
- ♥ Consider recruiting older buddies to write/scribe lyrics for younger children.
- ♥ The pattern is a guide and most importantly, the lyrics should be meaningful to the authors.
- ♥ See more verse examples on p. 5

## 2. Alternative LYRIC OPTION: ‘Get in focus’

In the Sticky Brains Book, as Aria learns that bad thoughts are stickier than good ones, we see bright pictures when she notices something, and faded pictures when she isn’t paying attention. If you prefer to reinforce that concept, you may switch the song lyrics from “*change the channel now*” to “*get in focus now*”. The “*click click...*” action could become a camera clicking instead of a remote channel changer. Invite participants to take an imaginary picture to help remember and soak up the good moments.

## 3. THEATRE ACTIVITY: Sticky Brains Storytelling

Recruit volunteers to be ‘script readers’ to read aloud the Sticky Brains Book to the group and to play the characters of Aria, Zora, Mom and Narrator. This could be a good strategy for more mature participants. Alternatively, you can approach it as a *book group* reading and discussion.

## 4. ART ACTIVITY: Create your own new path

Invite the participants to draw, paint or create a 3D model of their own “*new path*” safe-happy place. This art can be displayed in the home, classroom or work-space to be seen as a reminder to help change the channel to a safe-happy place when they notice feeling anxious or stressed, AND to remember and soak up *\*the good stuff*.

## 5. ART ACTIVITY: Fade-out the \*bad stuff

If a participant has *\*sticky brains* and is feeling stuck in a negative memory or thought, ask if they would like to draw a picture to represent it. Then, they can use their *Brain Changing Power* to fade it out. Give the participant some wax paper and glue to fade out the bad, scary or sad picture. Alternatively, it can be coloured over with crayons or pasted over with a happier picture. Talk about Aria: how she learns to put more focus on *\*the good stuff and to fade out the bad stuff*. The point is not to ignore or deny the bad stuff, but to *NOTICE* it, then consciously *CHOOSE* to change the channel. When the bad stuff is named and acknowledged, it will be easier to focus on the *good stuff*, like their *safe-happy place* art with vibrant colours.

\* Indicates taken from the book *Sticky Brains* by Nicole Libin

## 6. RHYTHM JAM

### A) Repeat-to-remember

Sing the song or parts of it during other activities throughout the day. i.e. Take a rhythm break or get the attention of participants by clapping the *Brain Changing Power* rhythm and/or the “Notice... UN-stuck” Funky Interlude, and invite participants to join in.

### B1) *Brain Changing Power* rhythm – Group activity

Skip the verses and focus on the *Brain Changing Power* rhythm. You may simply clap the *Brain Changing Power* rhythm *in-time* with rests in between. Or you may add your choice of chorus words during the rest (pause). Repeat as you see fit. Some adaptable examples:

Clap, \_clap, clap, clap-clap. (rest rest rest)  
 Clap, \_clap, clap, clap-clap. (rest rest rest)  
 Clap, \_clap, clap, clap-*Brain*(clap) *Changing Power*  
 Clap, \_clap, clap, clap-clap: -*Change the Channel now*  
 Clap, \_clap, clap, clap-*Brain*(clap) *Changing Power*  
 Clap, \_clap, clap, clap-clap: -*Get in focus now*

### B2) *Brain Changing Power* rhythm – Self-soothing tool

If your brain is feeling extra-sticky, and your thoughts are overwhelming, try giving yourself a hug. Place your right hand on your left shoulder and your left hand on your right shoulder. Now try tapping the *Brain Changing Power* rhythm alternating your right and left hands tapping one shoulder at a time. You can say: “*Brain Changing Power*” in your head or out loud-during the pause, or create your own mantra to insert. Tapping while alternating left and right sides can help to unstuck a sticky brain, and the hug helps to self-soothe. Repeat until you notice signs of your body calming. Adaptable example:

Tap, \_tap, tap, tap-tap. (rest rest rest)  
 Tap, \_tap, tap, tap-*Brain*(tap) *Changing Power*  
 Tap, \_tap, tap, tap-tap. (rest rest rest)  
 Tap, \_tap, tap, tap-tap. *Deep breath in...*

### C) Funky Interlude

Skip the verses and focus on the notice.

**Action:** 1/ With each “notice” point in different directions.  
 2/ During “stickity..” your forearms become stuck together.  
 3/ On “unstuck”, your hands go UP and free.

*Notice notice; Notice notice; Notice notice;*  
*Stickity stickity, \_UNSTUCK*

**D) Beat Boxing:**

Sing it with just voice and clapping. OR, for an added *B.C.P.* Challenge, an inspired participant or two can learn the initial beat boxing rhythm from the recording. I recommend that the beat boxer/s practice on their own before joining the group, especially if you're not using the recording while facilitating. A strong lead to follow (either the facilitator or the recording) will be important to avoid confusion within the group.

*Beat boxing is the art of using one's mouth, lips, tongue and voice to make percussion sounds that mimic a drum machine.*

**Songwriter's Summary**

Make this song work for you and your participants by making it *your/their* own. Participants can practice using their *Brain Changing Power* by *noticing* when their \*brains feel sticky, and choose to:

- ♥ Listen to the recording of the *Brain Changing Power* song and follow along with the clapping and actions;
- ♥ Sing aloud the whole *Brain Changing Power* song (or a selected part of the song) with clapping and actions;
- ♥ Create and sing your own "*All along my new path...*" *safe-happy place* verse/s. Make it your own personalized tool;
- ♥ Create or look at your own *safe-happy place* artwork;
- ♥ Clap or tap the *Brain Changing Power* rhythm;
- ♥ Say and act-out the "*Notice.... UNstuck*" Funky Interlude;

Pick and choose the above activities to:

- ♥ UN-stick sticky brains;
- ♥ Ease anxiety, frustration and other sticky feelings;
- ♥ Remember a *safe-happy place*;
- ♥ \*Pay attention to and soak up the good stuff;
- ♥ And return to a calmer brain.

**Our brains get good at what we practice!**

## Action Guide

I sing this song to ACTIVATE my: “Brain Changing Power!”

### Intro Chorus

Sticky brain, sticky brain - so stick-ay

Action: fingers stick to your head and pull at the invisible gum in your hair.

Sticky brain, sticky-Brain Changing Power!

Hands come together in a ball starting at your forehead, then open your hands to make an explosion sign, like your mind is being blown – on “Brain”.

Sticky brain, sticky brain - so stick-ay

Your fingers pull back and forth the invisible gum in your hair.

Sticky brain, sticky-Brain Changing Power!

Clap Hands: Clap, \_clap, clap, clap-clap – “Change the channel now”

Say: “Click, \_click, click, click-click”

Use your invisible remote control to change channels in time with the clicks.

### Intro Verse

Good-bye super highway

Big wave with hand-arm from side to side.

I’m taking a new path

Elbows bent, hands out toward left on ”taking”. Shift forearms right on “path”.

No monsters, no danger

Make a big X with your forearms out front.

No tiger attack

Hands up making tiger claws.

In a flash Use your finger to make a big Z like a lightning bolt;

“in” - top-line; “a” - down-line; “flash” - bottom-line.

I’ll send a message to dis-patch

Use your finger to make a big M “Message” - up-line;

“to” - down-line; “dis” - up-again-line; “patch” - down-again-line.

I’m going on a Quest

Fist pump up in air on Quest.

so my brain can take a rest

Hands on head for “brain”. Then rest hands together at side of head on “rest” like a sleepy-time action.

### Chorus

Clap, \_clap, clap, clap-clap-Brain Changing Power!

Hands make an explosion sign starting at your forehead, like your mind is being blown – on “Brain”.

Clap, \_clap, clap, clap-clap – “Change the channel now”

Say: “click, \_click, click, click-click”

Use your invisible remote control to click the channels.

### Verse 1

All along my new path, what do I see?

Do a funky-walk in-place. With your hand on your forehead in captain position, look from one side to another like you are surveying the sights.

The most amazing play-ground that ever could be

Put on your Amaze-Face and then make a double thumbs-up on ‘ever’.

Climbing and sliding and tunnels galore

Now, grab the imaginary binoculars hanging around your neck and look through them.

Jumping and pumping and swinging some more

Looking around through your binoculars, focus on the amazing scene before you.

### Chorus

#### Verse 2

All along my new path, what do I see?

Do a funky-walk in-place. Hand in captain position.

The most amazing farm-yard that ever could be

Double thumbs-up.

There's goats and bunnies and funny fuzzy chicks

There's pigs and ponies and puppies chasing sticks!

Looking through your binoculars.

### Chorus

#### Verse 3

All along my new path, what do I see?

The most amazing waterfall that ever could be

I walk behind the waterfall and look through the spray

There's a magical rainbow of colour on display

### Chorus

#### Verse 4

All along my new path, what do I see?

The most enchanted forest that ever could be

Moss, soft under my feet. Trees, tall as the sky

A home to many critters and shining butterflies

### Chorus

#### Funky Interlude

Notice notice Notice notice Notice notice

Boogie while pointing in different directions or at different objects.

stickity stickity

Forearms and hands become stuck together on "stickity".

\_unstuck

Break your arms free on "unstuck" and hands go up in the air.

#### Outro-Chorus

Happy brain, happy brain - NO stick-ay!

Wave your hands in the air free-style.

Happy brain, happy-Brain Changing Power!

Happy brain, happy brain - NO Worr-ay!

Happy brain, happy brain!

Do your happy-dance free-style.

## List of Resources

- ♥ Lyrics, Facilitation Guide and Action Guide, for free in one downloadable document.  
Find at: [NicoleEdwardsMusic.com/mindfulness](https://nicoleedwardsmusic.com/mindfulness)
  
- ♥ #1 Mp3 audio recording of “*Brain Changing Power*”  
#2 Mp3 audio recording of “*Brain Changing Power – karaoke version*”  
Find at: Nicole Edwards’ Bandcamp page.  
From the album “*Yukon Lullaby for Mental Health*”:  
<https://nicoleedwards.bandcamp.com/album/yukon-lullaby-for-mental-health>  
Use the #1 mp3 “*Brain Changing Power*” to learn the song, or have a device and speakers ready if you’ll be facilitating along with the recording.  
Use the #2 mp3 “*Brain Changing Power – karaoke version*” to sing your own chosen or original verses along with the recorded beat.
  
- ♥ Have access to the *Sticky Brains* paperback book or e-book, available on-line from: <https://stickybrainsbook.com>  
Find more mindful resources including downloadable worksheets at the author’s website.

## CREDITS

Song written, sung and produced by Nicole Edwards 2021

[NicoleEdwardsMusic.com](http://NicoleEdwardsMusic.com)

Recording, mixing and production assistance by Andrea McColeman

Yukon beat-boxer: [@stoshbeatbox](https://twitter.com/stoshbeatbox)

Recording, mixing and mastering by Jordy Walker [JordyWalkerMusic.com](http://JordyWalkerMusic.com)

Facilitation/Action Guides written by Nicole Edwards, MSM

Facilitation/Action Guides edited by Jeanne Kitayama, Andrea McColeman and Christine Klaassen-St Pierre.

Graphic design and formatting by Carolyn Sabourin, [webandmedia.ca](http://webandmedia.ca)

Illustrations (page 3, 5) by Michelle Peters

Sticky Brains book written by Nicole Libin, Ph.D.

and illustrated by Cam Marsollier 2020

Cover art illustration by Cam Marsollier 2020

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