



Song Ideas

- **You Have a Friend in Me**
 - by Randy Newman
- **Lean on Me**
 - by Bill Withers
- **Count on Me**
 - By Bruno Mars

Mindful
Teachers



Living, Learning, & Teaching with Mindful Awareness

<http://www.mindfulteachers.org/2015/12/songs-about-compassion.html>

Songs about Kindness and Compassion

14 songs and videos and discussion questions...

Questions for Reflection and Discussion:

- Do any of these songs remind you of a time when you helped, or were helped by, a friend?
- Have you ever shown kindness to, or been shown kindness by, someone from a different background? What happened?
- What role can musicians and other artists play in spreading compassion?
- Have you ever faced bullying or harassment? Does it help you empathize with others who've been hurt in similar ways?
- How can empathy and compassion reduce violence?
- If you wrote a song for people who've shown you kindness, what would it say?