

“Choosing Kindness” Lyrics

Words and Music by Kathryn the Grape / Kathryn Cloward

VERSE 1

Words can be like swords that hurt our feelings
Words can be like doors that open to understanding
So let’s use our words to be kind
To ourselves and others all the time

CHORUS

Let’s say kind words (say kind words)
Let’s think kind thoughts (think kind thoughts)
Let’s do kind things (do kind things)
That’s what choosing kindness means

VERSE 2

Thoughts can be like weeds that spread negativity
Thoughts can be like water that streams positivity
So let’s think thoughts that are kind
About ourselves and others all the time

CHORUS

Let’s say kind words (say kind words)
Let’s think kind thoughts (think kind thoughts)
Let’s do kind things (do kind things)
That’s what choosing kindness means

BRIDGE

What we choose to do in our lives matters greatly
Let’s choose to do kind things daily

CHORUS

Let’s say kind words (say kind words)
Let’s think kind thoughts (think kind thoughts)
Let’s do kind things (do kind things)
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