

# TOM CHAPIN

## The Incredible Flexible You



Lyrics & Credits



### ***The Incredible Flexible You™***

lyrics are based on the principles of Social Thinking , a unique method of facilitating social learning from preschool through the adult years. Social Thinking provides strategies and tools for us to better connect to our own and others' perspectives and emotions, helping to improve social interactions. Each song (except "You Can Bend," which concludes the album) is linked to a storybook. You'll find the title of the appropriate storybook at the bottom of each lyric.

To find out more about this exciting teaching framework, please visit



All songs by Tom Chapin and Phil Galdston  
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### **Where You Think A Thought**

by Tom Chapin & Phil Galdston  
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You got fingers to snap (snap, snap)  
Two hands to clap (clap, clap)  
Ten toes to tap (tap-a-tap tap)  
But your brain is where you think a thought

You got legs to walk (left, right)  
A tongue to talk (blah, blah, blah, blah)  
You can walk and squawk (squawk)  
But your brain is where you think a thought

You got a mouth to drink (slurp, slurp)  
Two eyes to blink (blink, blink)  
One place to think (ohhhhh)  
And your brain is where you think a thought

You got ears to hear (what?)  
Whoever's near (who?)  
Still it's very clear (Yessir!)  
That your brain is where you think a thought

It's like a picture there  
It's underneath your hair  
It's where you think  
And thinking happens quick  
It's like a magic trick, it's like shazaam!  
Where you think  
Where you think a thought  
Where you think, think, think a thought

Every day you grow  
There's new stuff to know  
New thoughts that flow  
In your brain when you think a thought  
If you think it through

It might occur to you  
That I'm thinking, too  
My brain is where I think a thought!

It's like a picture there  
It's underneath your hair  
It's where you think  
And thinking happens quick  
It's like a magic trick, it's like shazaam!  
Where you think  
Where you think a thought  
Where you think, think, think a thought

So go on and think (ohhhhh)  
And if we think in sync (oh, oh)  
We'll form a link (cool!)  
To the thoughts up in our brains  
We got a nose to smell (sniff, sniff)  
We got a story to tell (blah, blah, blah, blah)  
Now we know darn well (Yessir!)  
That our brain is where we think a thought  
Our brain is where we think a thought  
Our brain is where we think a...

Where you think, where you think a thought  
Where you think, think, think a thought

### **STORYBOOK: Thinking Thoughts and Feeling Feelings**

### **Show Me What You're Feeling**

by Tom Chapin & Phil Galdston  
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Well, it starts in the heart of every boy and girl  
It flows through your veins, right to your brain  
And goes out to the world  
When you're happy, you're up and open

When you're sad, you're closing down  
When you're scared  
You're small and scrunched up  
When you're excited, you jump around

*So laugh everybody (ha, ha, ha)*  
*Cry everybody (wah, wah, wah)*  
*Sing everybody (la, la, la)*  
*Shake your head everybody (nah, nah, nah)*  
*Down to the ground, up to the ceiling*  
*Let me know what you know*  
*Show me what you're feeling*  
*Show me what you're feeling*

Well, it moves through your muscles  
Your elbow and your knee  
And every time you move  
It only goes to prove  
That you're a lot like me  
When we're mad, our hands are clenched up  
With our faces in a frown  
When we're calm, we're loose and easy  
We let the whole wide world go 'round

*So laugh everybody (ha, ha, ha)*  
*Cry everybody (wah, wah, wah)*  
*Sing everybody (la, la, la)*  
*Shake your head everybody (nah, nah, nah)*  
*Down to the ground, up to the ceiling*  
*Let me know what you know*  
*Show me what you're feeling*  
*Show me what you're feeling*  
*Show me!*

Everybody dance, everybody cheer  
Let me see you grin  
From your ear to your ear  
Everybody look, everybody see

If I smile at you, you'll smile at me

*Show me what you're feeling  
Show me what you're feeling  
So laugh everybody (ha, ha, ha)  
Cry everybody (wah, wah, wah)  
Sing everybody (la, la, la)  
Shake your head everybody (nah, nah, nah)  
Show me what you're feeling*

**STORYBOOK:**  
**Thinking Thoughts and Feeling Feelings**

**The Plan**

by Tom Chapin & Phil Galdston  
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When it's you and only you  
You're alone, all on your own  
But when it's you and me and we  
There must be a plan

When it's you and only you  
It can be fun when you're just one  
But when it's you and me and we  
We can make a plan

That's the aim, that's the game  
To find out all you can  
Snoop a little, solve the riddle  
And then you'll understand

That it's you and me and we  
A special group that's in the loop  
That's the place you want to be  
It's fun to know the plan  
It's so much better, working together  
Sticking to the plan

Then it's you and me and we  
A special troop that knows the scoop  
'Cause when the plan is plain to see  
And we follow, you and me  
That's the greatest place to be  
Because you understand  
And, yes, you know you can  
Be a big part of the plan

**STORYBOOK: The Group Plan**

**Think With Your Eyes**

by Tom Chapin & Phil Galdston  
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Open your eyes, take a look  
Look real carefully  
Is that a grin, over my chin?  
Think with your eyes and see  
It's all in one place, right here on my face  
And if you look at me  
You might find a frown  
Or a smile upside down  
Think with your eyes, you'll see  
Think with your eyes and see

Your eyes can be a microscope  
Seeing close as close can be  
Maybe I'm sad, maybe I'm glad  
You can tell if you look at me  
Your eyes can be a telescope  
Seeing far as far can see  
If I'm happy, you'll know, if I'm not, it'll show  
You can tell if you look at me

Open your eyes, take a look  
Look real carefully  
There's many a clue of what you should do

Think with your eyes, you'll see  
Think with your eyes and see

Your eyes can be a camera  
Keep a picture in your mind  
Maybe I'm hot, maybe I'm not  
You can tell almost every time  
Your eyes can be a lighthouse  
They can send a special sign  
When you're looking at me  
You're thinking of me  
I can tell almost every time

So open your eyes, take a look  
Look real carefully  
Is that a grin, over my chin?  
Think with your eyes and see  
It's all in one place, right here on my face  
And if you look at me  
You might find a frown  
Or a smile upside down  
Think with your eyes, you'll see  
When you're looking at me  
I know you're thinking of me  
Think with your eyes and see

**STORYBOOK: Thinking with Your Eyes**

**In The Group**

by Tom Chapin & Phil Galdston  
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If it's one, make it two, make it me and you  
If it's two, make it three, you and you and me  
If it's three, make it four  
'Cause three could use one more  
If it's four, make it five, bring this group alive!

*Everybody has a body  
Keep your body in the group  
We found our way in, now, let's stay in  
Workin', playin' in the group*

Make it seven, if it's six  
Do it just for kicks  
If it's seven, make it eight  
Eight is always great  
If it's eight, make it nine  
Nine is really fine  
If it's nine, make it ten  
Then start it all again!

*Everybody has a body  
Keep your body in the group  
We found our way in, now, let's stay in  
Workin', playin' in the group  
Eyes and nose in, fingers, toes in  
Knees and elbows in the group  
Don't be strayin', let's just stay in  
Workin', playin' in the group*

One, two, three, four, five, six, seven, more  
Eight, nine, ten, then, start all over again

*Everybody has a body  
Keep your body in the group  
No delayin', when you're stayin'  
Workin', playin' in the group  
Eyes and nose in, fingers, toes in  
Knees and elbows in the group  
No complainin', keep your brain in  
Keep your body, your whole body  
Everybody in the group*

**STORYBOOK: Body in the Group**

## Listen With All Of You

by Tom Chapin & Phil Galdston  
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List'nin'... lookin'... stillin'...  
Open... closin'... chillin'...

List'nin' with... lookin' with... stillin' both...  
Open up... closin' up... chillin' with...

List'nin' with your... lookin' with your...  
Stillin' both your... open up your...  
Closin' up your... chillin' with your...

List'nin' with your ears  
Lookin' with your eyes  
Stillin' both your feet  
Open up your brain  
Closin' up your mouth  
Chillin' with your bottom on a seat  
List'nin' with your ears  
Lookin' with your eyes  
Stillin' both your feet  
Open up your brain  
Closin' up your mouth  
Chillin' with your bottom on a seat

*Use your whole body, use your whole body  
From your head to your toe  
Using everything you know  
Listen with all of you*

List'nin' with your ears  
Lookin' with your eyes  
Stillin' both your feet  
Open up your brain  
Closin' up your mouth  
Chillin' with your bottom on a seat

*Use your whole body, use your whole body  
From your head to your toe  
Using everything you know  
Listen with all of you*

Listen... ears  
Lookin'... eyes  
Still... both your feet  
Open up... brain  
Closin' up... mouth  
Chill... with your bottom on a seat  
Listen with your  
Ears, eyes, brain, and mouth  
While you're stillin' both your feet  
Listen with your  
Ears, eyes, brain and mouth  
While you're  
Chillin' with your bottom on a seat

*Use your whole body, use your whole body  
From your foot to your shin  
From your knee to your thigh  
From your belly to your chest  
From your chin to your eye  
From the way down low, to the way up high  
Listen with all of you*

### STORYBOOK: Whole Body Listening



## My Own Detective

by Tom Chapin & Phil Galdston  
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Looking for the how to's  
Hunting down the good news  
There are lots of clues that I can learn  
Some are don'ts and some are do's  
Don't get angry when I lose  
And do let others always take their turn

*Gonna be my own detective  
Evidence? I will collect it  
Every tip, yeah, I'll inspect it, somehow  
If I want to stay connected  
Gotta track down what's expected  
And be my own detective, now*

I found out a new fact  
When I look, they look back  
How I act is all that they can see  
So I use my cool detective tools  
To investigate the rules  
Now I can tell what they expect of me

*Gonna be my own detective  
Evidence? I will collect it  
Every tip, yeah, I'll inspect it, somehow  
If I want to stay connected  
Gotta track down what's expected  
And be my own detective, now*

Now when they smile, I can smile  
We're connected, you see  
Now when they change, I can change  
It's the detective in me

*Gonna be my own detective*

*Evidence? I will collect it  
Every tip, yeah, I'll inspect it, somehow  
If I want to stay connected  
Gotta track down what's expected  
And be my own detective  
And track down what's expected  
I'm gonna stay connected... now!*

### STORYBOOK: Expected and Unexpected

## Look, Think, Guess, Know

by Tom Chapin & Phil Galdston  
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When everybody sits down  
And they all gather 'round  
Can you guess what I'm thinking?  
It's Circle Time  
When the teacher has a book  
And she's asking you to look  
Can you think what I'm guessing?  
It's Story Time  
First, you take a good long look  
And then you think it through  
And if you make a real good guess  
Maybe you'll know, maybe you'll know, yes!

*Look, think, guess, go  
Mighty good chance you're gonna know  
If you look, think, guess, go  
There's a mighty good chance you'll know*

When we gather up the blocks  
And we throw 'em in a box  
Can you guess what I'm thinking?  
It's Cleanup Time  
When I'm putting on a coat  
Put a scarf around my throat

Can you think what I'm guessing?  
It's Leaving Time  
First, you take a good long look  
And then you think it through  
And if you make a real good guess  
Maybe you'll know, I bet you'll know, yes!

*Look, think, guess, go*  
*Mighty good chance you're gonna know*  
*If you look, think, guess, go*  
*There's a mighty good chance you'll*  
*Look, think, guess, go*  
*Mighty good chance you're gonna know*  
*If you look, think, guess, go*  
*There's a mighty good chance*  
*Look, think, guess, go*  
*You'll know, I bet you'll know*  
*Look, think, guess, go*  
*There's a mighty good chance*  
*There's a mighty good chance you'll know!*

#### **STORYBOOK: Smart Guess**

### **The Incredible Flexible You**

by Tom Chapin & Phil Galdston  
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When you've got your own plan  
And you don't think you can  
Do what the group wants to do  
No need to pout, it's easy to work out  
For the incredible, flexible you

You can twist, you can turn  
You can change, you can learn  
It's fun to be a part of a team, it's true!  
When there's a surprise  
It's a chance to exercise

The incredible, flexible who?  
The incredible, flexible you

When you move a little from your plan  
You can join with everyone  
When you join with everyone you can  
Have a lot more fun

When it seems like you're stuck  
You're not, you're in luck!  
'Cause now you know what you can do  
Take a moment or two  
And say hello to the new  
Incredible, flexible who?  
The incredible, flexible you

When you move a little from your plan  
You can join with everyone  
When you join with everyone you can  
Have a lot more fun

When you've got your own plan  
And you don't think you can  
Do what your friends want to do  
Who knows it's no prob?  
It's just another job  
Who makes no fuss?  
Who can make a smart adjustment?  
Who knows how it's done?  
Who has more fun?  
Than the incredible, flexible  
Incredible, flexible... you!

#### **STORYBOOK: Flexible Thinking and Stuck Thinking**

For supplemental info, please visit  
[www.theincredibleflexibleyou.com](http://www.theincredibleflexibleyou.com)

### **Size Of The Problem**

by Tom Chapin & Phil Galdston  
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Every day, stuff gets in my way  
But I'll be okay 'cause I've learned to say  
What's the size of the problem?

And when I know  
No need to let my troubles grow  
I know where to go and those who know  
What to do to solve 'em

If it's small as a mouse  
I can fix it myself  
If it's big as a house  
I can go ask for help  
If it's worrying me  
There are places to turn, once I learn  
To recognize the size of the problem

How big, how short, how tall?  
How big, how small, how short, how tall?  
How big, how small, how short, how tall?  
How big, how short, how tall?

If it's small as a flea  
I can fix it myself  
If it's big as a tree  
I will need someone else  
If it's worrying me  
There are places to turn, once I learn  
The size of the problem

How big, how short, how tall?  
How big, how small, how short, how tall?

I'll be okay when stuff gets in my way

Because I've learned to say every day  
What's the size of the problem?

How big, how short, how tall?  
How big, how small, how short, how tall?

#### **STORYBOOK: Size of the Problem**

### **I Know You Know (Imagination)**

by Tom Chapin & Phil Galdston  
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*I know, I know that you know*  
*I imagine, you imagine*  
*I know, I know that you know*  
*If you pretend and I pretend*  
*It's one, fun*  
*Imagination*

You be a shark, I'll be a whale  
Under the sea together  
We can be clowns, clowning around  
Every night in the circus together  
All we've got to do is know that

*I know, I know that you know*  
*I imagine, you imagine*  
*I know, I know that you know*  
*If you pretend and I pretend*  
*It's one, fun*  
*Imagination*

I think some things, you think some things  
Some things we think together  
I play a game, you play a game  
But it's best when we're playing together  
All we've got to do is know that

We're fighting a fire, aiming the hose  
Up on a ladder together  
Or two astronauts, way out in space  
Exploring the planets together  
All we've got to do is know that

*I know, I know that you know  
I imagine, you imagine  
I know, I know that you know  
If you pretend and I pretend  
It's one, fun  
Imagination  
I know, you know, I know  
I know, you know, I know, you know*

#### STORYBOOK: Sharing an Imagination

#### You Can Bend

by Tom Chapin & Phil Galdston  
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You can bend like a bow  
When you know how to bend  
You can bend like a knee when you need to  
You can go with the flow  
When you that know you must  
And trust it'll be okay

You can bounce like a ball  
When you know how to bounce  
You can turn right around when you need to  
You can roll like a wheel  
'Cause you know you can deal  
And feel it'll be okay

If something strange comes your way  
You can change, it's okay  
And say to each new surprise...

I can bend like a bow  
'Cause I know how to bend  
I can bend like a knee when I need to  
I can go with the flow  
When I know that I must  
And trust it'll be okay


When something strange comes my way  
Any time, any day  
I can say to each new surprise...

I will bounce like a ball  
'Cause I know how to bounce  
I can turn right around when I need to  
I can roll like a wheel  
'Cause I know I can deal  
And feel it'll be okay

We can bend like a bow  
'Cause we know how to bend  
We can bend like a knee when we need to  
We can go with the flow  
When we know that we must  
And trust it'll be okay

My brother Harry Chapin co-founded **WhyHunger** in 1975. I have been a proud board member since the beginning, and have seen how WhyHunger has touched the lives of millions of people as a strong advocate for innovative, community-based solutions to hunger and poverty.

You can get more information about hunger and poverty in America and you can make a donation by contacting:

 WhyHunger (212) 629-8850  
505 Eighth Avenue, Suite 2100  
New York, NY 10018  
[www.whyhunger.org](http://www.whyhunger.org)

#### Words and Music by Tom Chapin and Phil Galdston

#### Produced by Phil Galdston and Tom Chapin

Recorded and Mixed by:

**Phil Galdston at East Wing, New York**

Mastered by:

**Dom Maita at Airshow Mastering, Boulder**

#### MUSICIANS:

**Tom Chapin:** lead and backing vocals, guitars, banjo

**Phil Galdston:** keyboards, programming

**Bernd Schoenhart:** guitars

**Andy Snitzer:** saxophones

**Neal Coomer, Abigail Chapin, Lily Chapin,**

**Lucy Woodward:** backing vocals

**Henry Carver, Eliana Graham, Adam Krinsky,**

**Lena Molyneaux, Skye Tarshis:** Kids' Choir

#### SPECIAL GUESTS:

**Marc Copely:** guitars, *My Own Detective*

**Sierra Noble:** fiddle, *You Can Bend*

**Nile Rodgers:** guitar, *Show Me What You're Feeling*

**Lucy Woodward:** vocal, *In the Group*

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The Chapin Sisters appear courtesy of Lake Bottom Records  
Sierra Noble appears courtesy of Decca Records  
Andy Snitzer appears courtesy of Native Language Music  
Lucy Woodward appears courtesy of Verve Records

**TOM CHAPIN** is a three-time GRAMMY® Award-winning singer / songwriter / guitarist. In addition to his



work as a recording artist and concert performer, Chapin has acted on Broadway and worked extensively in television, radio and films.

**PHIL GALDSTON** is a GRAMMY®-nominated songwriter / producer whose work has been performed by a remarkable range of artists on nearly 70 million records and in countless films and TV shows. He is a member



of the faculty of New York University, the first Faculty Songwriter-in-Residence in the school's history, and an advocate for creators of intellectual property.

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