



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

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:

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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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