

We Rise Above

Words and music by Russell Sprout

♩ = 67

The musical score is written for a single melodic line in treble clef, key of G major (one sharp), and 4/4 time. The tempo is marked as quarter note = 67. The score consists of eight staves of music, each with a measure number at the beginning. Chord symbols (G, C, Em, D) are placed above the staff to indicate harmonic accompaniment. The lyrics are written below the staff, aligned with the notes. The lyrics are: 'Are you kind? Are you fair? Do you help? Do you care? If some-one is sad, are you a-ware? If some-one has no-thing, do you share? A world of com-pas-sion, spins a world of love. A-lone you can make a dif-f'rence to-gether we rise a-bove. We rise a-bove. We rise a-bove. Are you brave? Are you strong? Do you try to get a-long? If some-one is down, do you help them up?—'

5 Are you kind? Are you fair? Do you help? Do you care?

9 If some-one is sad, are you a-ware? If some-one has no-thing,

12 do you share? A world of com-pas-sion, spins a world of love. A -

15 lone you can make a dif-f'rence to - geth - er we rise a - bove. We rise a -

18 bove. We rise a - bove.

22 Are you brave? Are you strong?

26 Do you try to get a-long? If some-one is down, do you help them up?—

We Rise Above

30 G C Em D C Em D C

If some-thing is hard, don't give up. A world of com-pas-sion, spins a world of love. A -

34 Em D C Em C D

lone you can make a dif - f'rence but to - geth - er we rise a - bove. We rise a -

37 Em C D Em C D

bove. We rise a - bove. We rise a -

41 Em C D Em C D F

bove. We rise a - bove. Like a bird that

46 C F C F

flies a-bove the sea. O-pen your wings. Be all you can be.. So with love we

50 Am D Em C D Em C

rise a-bove. We rise a - bove. We rise a - bove.

54 D Em C D

We rise a - bove. We rise a -

57 Em C D G

bove.

Do-Si-Do

Words and music by Russell Sprout

♩ = 95

A D A A E A A

Find a part-ner,

6 D A A D A A E A

there you'll stand. Face each oth-er, now shake their hand.

11 A E A A D A A

Jump in the air, up and down.

16 D A A E A A E A

High as you can, now touch the ground.

21 A D A A D A A

Stand back up and clap the beat. Then step on the beat

26 E A A E A D A

with your feet. Swing your part-ner, arm in arm.

32 D A E

Then do-si-do

38 A E A

back to the start.

44 A D A A D A

Find a new part-ner, there you'll stand.

49 A E A A E A A

Face each oth - er, now shake their hand. Join both hands,

54 D A A D A A E A

cir-cle to the right. Hold on tight, we're go-in' all night.

59 A E A A D A A

Hands still joined, go the oth-er way.

64 D A A E A A E A D

Give a yee - haw, we're go-in' all day. Yee - haw! Swing your part-ner,

70 A D A

arm in arm. _

76 E A E

Then do - si-do _ back to the start.

82 A A D A

Find a new part - ner, there you'll stand.

87 A D A A E A A

Face each oth - er, now shake their hand.

92 E A A D A A D A

All by your-self, spin a-round.

97 A E A A E A A

Make a fun - ny face, make a fun - ny sound. (funny sound) Join both hands,

102 D A A D A A E A

run on the spot. Fast as you can, make your - self hot.

Faster

107 A E A A

> > >

112 A E A

1. 2.

117 A E

> > >

Tempo I°

121 D A D

Swing your part - ner, arm in arm.

127 A E A

Then do - si - do — back to the start.

133 E A

>

Here I Am In Canada

Words and music by
Russell Sprout and Ken Whiteley

♩ = 95

A

A

The sweet smel-ling for - ests, more

6 Bm F#m E

trees than I ___ can view, great big rocks of gra - nite, they blast-ed the roads through.

9 A Bm

First would come the black fly, then the mos-qui - to too. ___ We'd

11 D E A A A/G#

sing and swim and eat good food, 'cause that's what peo-ple do. ___ Here I am.

15 F#m F#m F#m/E D E A

Here I am. Here I am in Ca-na-da. ___

20 A Bm F#m

Vi - sit-ing ___ my grand - pa - rents on the Isle of Mon-tre-al, ___ Scoo-ter-ing ___ the hills, eat-ing

23 E A Bm

pou - tine in the fall. At the ma - ple su - gar shack peo - ple speak en fran - cais. The

26 D E A A A/G#

cob-ble - stones and chur - ches, his - t'ry's on dis-play. Je suis i - ci.

Here I Am In Canada

30 F#m F#m F#m/E D E A
 Je - suis i - ci. Je suis i - ci au Ca-na-da. ____

35 A Bm F#m
 Can't for-get ____ the tides by the Fun - dy shore. Fresh fish and lob-ster,

38 E A Bm
 who could ask ____ for more? Look-ing out ____ for whales, the sound of the fid-dle and the drum, the

41 D E A A A/G#
 light-house through the mist bec-kons us to come. Here I am.

45 F#m F#m F#m/E D E A
 Here I am. Here I am in Ca-na-da. ____ One

50 A Bm F#m
 place I've nev-er been but real-ly want to see ____ is Ca-na-da's ____ great north, a

53 E A Bm
 land of ma-jes-ty, ____ where the win-ter's al-ways dark. A sum-mer that nev-er sets. The

56 D E A A A/G#
 First Na-tions know this land, lest an-y - one for-get. ____ Here I am.

60 F#m F#m F#m/E D E A
 Here I am. Here I am in Ca-na-da. ____ Be -

65 A B m F#m



yond Su - per-i-or's wa - ters, o - pen sky and space, miles and miles of farm - land, still you

68 E A B m



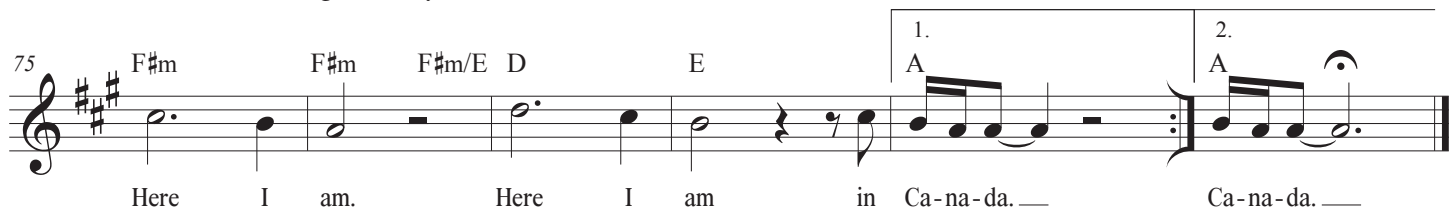
see a friend - ly face. Then ris - ing up the snow-capped mountains on the way to the coast, the

71 D E A A A/G#



nev-er - end - ing beau - ty of the land I love the most. Here I am.

75 F#m F#m F#m/E D E



Here I am. Here I am in Ca-na-da. ____

1. A 2. A



Ca-na-da. ____

The Health Hustle

Words and music by Russell Sprout

$\text{♩} = 120$

(Bass drum)

(scratching)

The health hus-tle will build mus-cle.

4

Do you know a-bout car-di-o? Beat-box Fran-cis is here to groove. Get on up, it's time to move!

7

G

Jump, jump, out of your slump.

10

Don't be a grump, get your heart to pump. Now jump, jump, jump, jump. Jump, jump, jump.

13

Run, run, try to make it fun.

18

Fast and hot, run on the spot. Run, run, run, run. Run, run, run.

23

Push up, push up, down to the ground. Your

26

mus-cles were lost, now they're found. Push, push, push, push. Push, push, push.

30

Knees to the chest, knees to the chest,

34

don't stop now, la-ter you can rest. Now, knees, knees, knees, knees. Knees, knees, knees.

38

Lunge, lunge, take the lunge plunge.

42

Go down deep, la-ter you can sleep. Lunge, lunge, lunge, lunge. Lunge, lunge, lunge.

46

Jump-in' jack, jump-in' jack, stay on the beat.

50

Arms go up in sync with your feet. Now, jack, jack, jack, jack. Jack, jack, jack.

54

Jump and spin, jump and spin.

58

No one will lose, ev-'ry-one wins. Now, jump, spin, jump, spin, jump, spin, jump.

62

Rest, rest, I know you did your best.

66

Breathe down deep, now you're not stressed. Breathe Breathe

69

Breathe Breathe (sound effects)

72 *a tempo*

Stretch, stretch, wa - ter you can fetch. Ev - 'ry sin - gle day, join us and play the

74

health hus-tle! The health hus-tle! The health hus-tle! The health hus-tle! ____

78

The health hus - tle! ____ Health hus - tle! ____

Run, Mouse, Run

Words and music by Russell Sprout

$\text{♩} = 100$

The musical score is written for a single melodic line in treble clef, 4/4 time, with a key signature of two flats (Bb and F). The tempo is marked as quarter note = 100. The score consists of eight staves of music, each with a line number at the beginning (6, 8, 10, 14, 18, 22, 24) and a series of chords written above the staff. The lyrics are written below the staff, aligned with the notes. The music features a mix of eighth, quarter, and half notes, with some measures containing rests. The lyrics are: Cat says to mouse "You're a tas - ty treat." Mouse says to cat "You can't catch me." Cat says to mouse "I'm fas - ter than you think." Mouse ran a - way be - fore the cat could blink. Run, mouse, run, be - fore you're done. You're fas - ter than the cat, run, mouse, run. You're fas - ter than the cat, run, mouse, run. You're fas - ter than the cat, run, mouse, run. Mouse says to cat "I'm safe in this hole." Cat says to mouse "You're right be - side my bowl." Mouse says to cat "I'm here to stay." Cat says to mouse "Come on, let's play."

6 $B\flat$ F $B\flat$ F $B\flat$ F $B\flat$ F $B\flat$ F $B\flat$ Cat says to mouse "You're a tas - ty treat."

8 $B\flat$ F $B\flat$ $B\flat$ F $B\flat$ Mouse says to cat "You can't catch me." Cat says to mouse "I'm fas - ter than you think."

10 Cm F Mouse ran a - way be - fore the cat could blink.

14 $B\flat$ F $E\flat$ $B\flat$ F $B\flat$ F $E\flat$ $B\flat$ F Run, mouse, run, be - fore you're done. You're fas - ter than the cat, run, mouse, run. You're fas - ter than the cat, run, mouse, run. You're fas - ter than the cat, run, mouse, run.

18 $B\flat$ F $E\flat$ $B\flat$ F $B\flat$ F $E\flat$ $B\flat$ F Mouse says to cat "I'm safe in this hole." Cat says to mouse "You're right be - side my bowl."

22 $B\flat$ F $B\flat$ $B\flat$ F $B\flat$ Mouse says to cat "I'm here to stay." Cat says to mouse "Come on, let's play."

Run, Mouse, Run

27 Cm F

Run, mouse, run, be - fore you're done. You're

31 B♭ F E♭ B♭ F B♭ F E♭ B♭ F

fas-ter than the cat, run, mouse, run. You're fas-ter than the cat, run, mouse, run. You're

35 B♭ F E♭ B♭ F B♭ F E♭ B♭ F

fas-ter than the cat, run, mouse, run. You're fas-ter than the cat, run, mouse, run.

39 B♭ F B♭ B♭ F B♭

Mouse says to cat "You'll fall a - sleep." Cat says to mouse "That will nev - er be."

41 B♭ F B♭ B♭ F B♭ B♭

Mouse says to cat "Your eyes are closed." Mouse ran a-way as the cat dozed."

44 Cm F

Run, mouse, run, be - fore you're done. You're

2nd X : poco a poco accel.

48 B♭ F E♭ B♭ F B♭ F E♭ B♭ F

fas-ter than the cat, run, mouse, run. You're fas-ter than the cat, run, mouse, run. You're

52 B♭ F E♭ B♭ F B♭ F E♭ B♭ 1. F 2. F

fas-ter than the cat, run, mouse, run. You're fas-ter than the cat, run, mouse, run. You're run.

Barn Fire

Words and music by Russell Sprout

♩ = 72

The musical score for 'Barn Fire' is written in G major (one sharp) and common time. It consists of eight staves of music. The first staff begins with a treble clef and a key signature of one sharp (F#). The tempo is marked as ♩ = 72. The lyrics are written below the notes. The score includes various musical notations such as whole, half, quarter, eighth, and sixteenth notes, rests, and bar lines. Chord symbols (G, Bm, C, D) are placed above the staff to indicate the harmonic structure. The lyrics are: 'The roos-ter crowed one ear-ly morn, sound-ing the a-larm. The thun-der roared a se-cond be-fore light-ning hit the barn. The flames grew high, Far-mer Joe cried, the sky was flash-ing bright. The horse and cow, they knew some-how they smashed the door in fright. The duck went "quack", the hen went "cluck", the sheep cried "baa" in fear. The dog went "growl", the cat went "meow", they thought the end was near. fire-men ap-peared, Joe wiped a tear, the wa-ter beat the flames to smoke, the'. The score ends with a double bar line.

G Bm C D G G Bm

The roos-ter crowed one ear-ly morn,

7 C D G Bm

sound - ing the a - larm. ____ The thun-der roared a se-cond be - fore ____

11 C D G Bm

light - ning hit the barn. ____ The flames grew high, Far-mer Joe cried, the

15 C D G Bm

sky was flash - ing bright. ____ The horse and cow, they knew some-how they

19 C D G G Bm C

smashed the door in fright. The duck went "quack", the hen went "cluck", the sheep cried "baa" in

24 D G Bm C D G

fear. The dog went "growl", the cat went "meow", they thought the end ____ was near. ____

29 G Bm C D G Bm C D G

(instrumental)

37 G Bm C D

fire - men ap - peared, Joe wiped a tear, the wa - ter beat the flames to smoke, ____ the

Barn Fire

41 G Bm C D
 barn was burnt, no a - ni - mals were hurt and that's how the sto - ry broke. The

45 G Bm C D
 an - i - mals to - day go out to play, the barn's fixed up like new. The

49 G Bm C D G
 sun shines bright, to the far - mer's de - light, as he en - joys the view. ____ The

53 G Bm C D
 duck went "quack", the hen went "cluck", the sheep cried "baa" in cheer. The

57 G Bm C D G
 dog went "growl" the cat went "meow", Far - mer Joe's in the clear. ____ The

61 2. C D G C D Em
 Far - mer Joe's in the clear. ____ Far - mer Joe's in the clear. ____

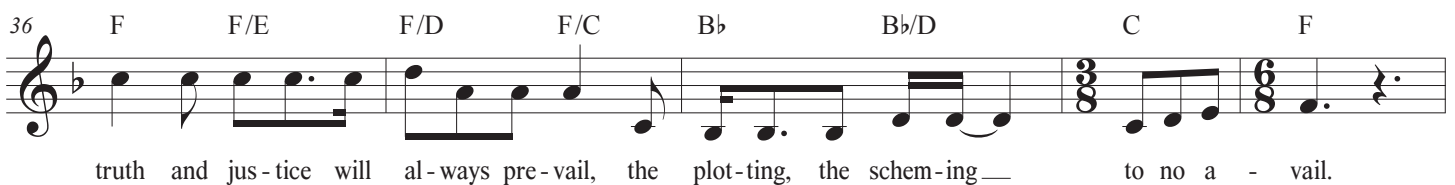
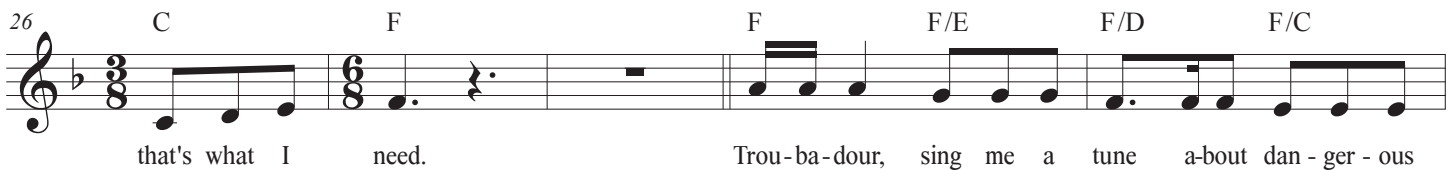
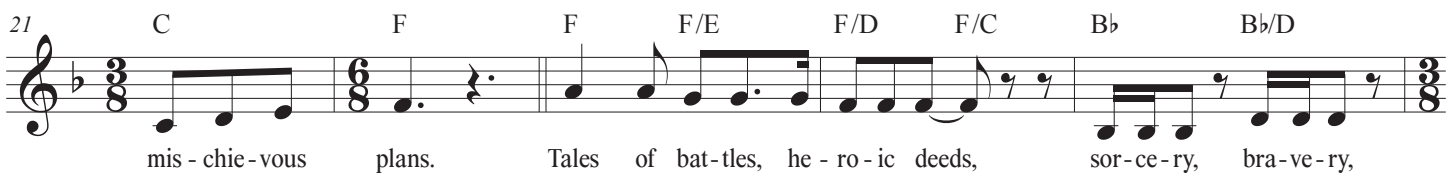
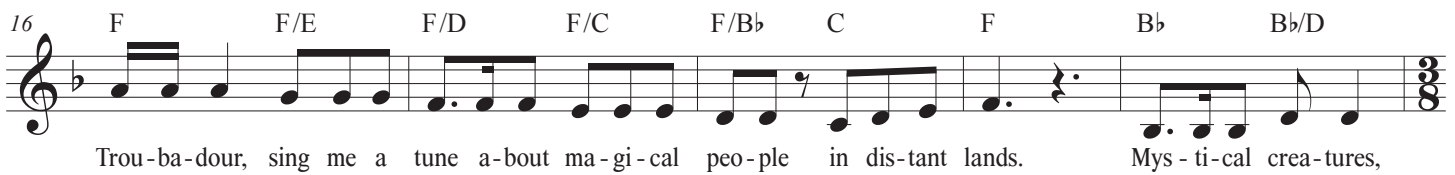
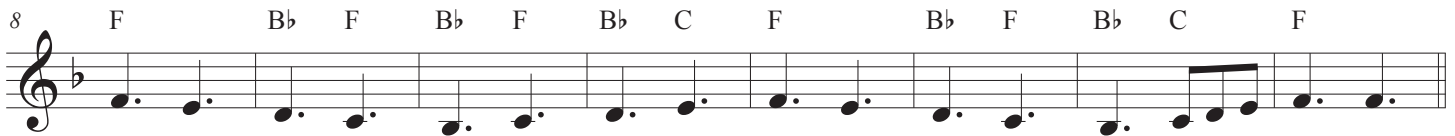
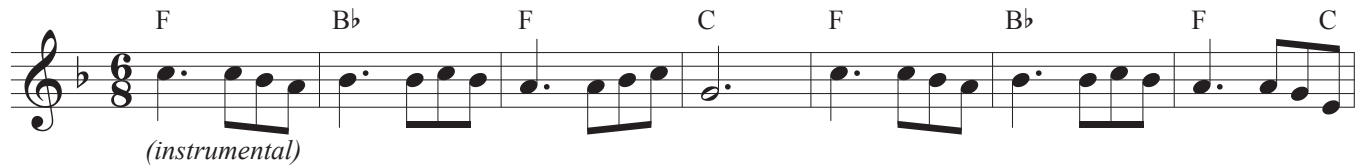
65 C D G C D Em
 Far - mer Joe's in the clear. ____ Far - mer Joe's in the clear. ____

69 C D G D G
 Far - mer Joe's in the clear. ____ *rit.*

Troubadour

Words and music by Russell Sprout

$\text{♩} = 77$



Troubadour

47 C F Am B $\flat$ C F F F/E
 blaze the trail, duck the dra-gon's migh-ty tail. Trou-ba-dour, sing me a

53 F/D F/C F/B $\flat$ C F B $\flat$ B $\flat$ /D C
 tune a-bout a love so strong it con-quests all. A bal-lad of good for-tune, you know them

58 F F C/E B $\flat$ /D B $\flat$ /C B $\flat$ B $\flat$ /D C
 all. A prince, a prin-cess, a king and queen, knights on horse-back, you know what I

63 Dm C Dm B $\flat$ C F Am B $\flat$
 mean. (instrumental) Take me a-way to ma-gic pla-ces, sur-prise end-ings,

69 C F Dm B $\flat$ C F Am B $\flat$ C F
 strange fa-ces. With sword in hand I'll blaze the trail, duck the dra-gon's migh-ty tail.

75 F F/E F/D F/C B $\flat$ C F
 Trou-ba-dour, sing me a tune a-bout a lost world, that's just been found.

80 B $\flat$ B $\flat$ /D C F F F/E F/D F/C
 Ruled by e-vil till the he-ro comes 'round. As the bat-tle ends our he-ro wins,

85 B $\flat$ B $\flat$ /D C F C Dm
 free-ing the peo-ple, the good life be-gins. I want to es-cape re-a-li-ty. I'll

91 F C B $\flat$ C Dm F C F
 stand by your side. I want to help² shape des-ti-ny, to-gether we will ride.

98 Dm B♭ C F A m B♭ C F Dm B♭

Take me a-way to ma-gic pla-ces, sur-prise end-ings, strange fa-ces. With sword in hand I'll

103 C F A m B♭ C F F/D F/C F/B♭ C

blaze the trail, duck the dra-gon's migh-ty tail. A might-y tale.

109 B♭/D C/E F F/E F/D F/C F/B♭ C B♭/D C/E F F/E F/D F/C F/B♭ C

Might-y tale, tale, tale, tale, tale (*instrumental*)

117 B♭/D C/E F F/E F/D F/C F/B♭ C F

The Best Day

Words and music by Russell Sprout

♩ = 72

G G/B Am D G G/B

When hap-py meets fun-ny it

7 Am D G G/B Am

feels just right. When a smile pours like ho-ney in a gig-gle of de-light.

12 D G A° Em G A° Em

— The best day is now. — Hold on some-how. — The

17 G A° Em G A° Em D Dsus D

best day is now. — Hold on some-how. — When

23 G G/B Am D G

sad meets a cry it will be all right. To feel — is to be a-live.

28 G/B Am D G A° Em G A°

— These tears will dry. The best day is now. — Hold on some-how.

34 Em G A° Em G A° Em D

— The best day is now. — Hold on some-how. —

40 Dsus D G G/B Am D G

When an-gry meets mean it feels just wrong. I'm sor-ry the way I've

The Best Day

46 G/B A m D G maj7 F#m

been, it's hard to get a - long. ____ This mood swing, it's try-ing

51 E m D G maj7 F#m E m

to win this fight. This mood swing, is los-ing, I want to feel ____ all

56 D G A° E m G A° E m

right. The best day is now. ____ Hold on some-how. ____ The

61 G A° E m G A° E m D D sus D

best day is now. ____ Hold on some-how. ____

67 G G/B A m D G G/B

Feel-ings flow in-side ____ me, this I know. As long as they're not hid - ing,

73 A m D G A° E m G A° E m

I will grow. The best day is now. ____ Hold on some-how. ____ The

79 G A° E m G A° E m G A°

best day is now. ____ Hold on some-how. ____ best day is now.

84 E m G A° E m G A° E m

____ Gon-na hold on some-how. ____ The best day is now. ____ Gon-na

89 G A° E m D D sus D G

hold on some-how. ____

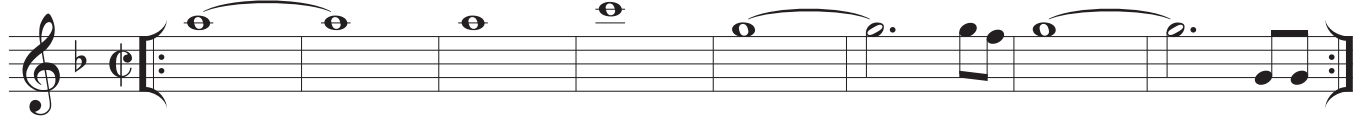
Together

Words and music by Russell Sprout

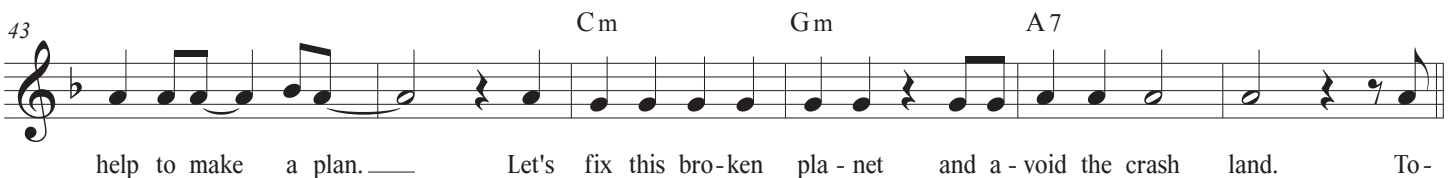
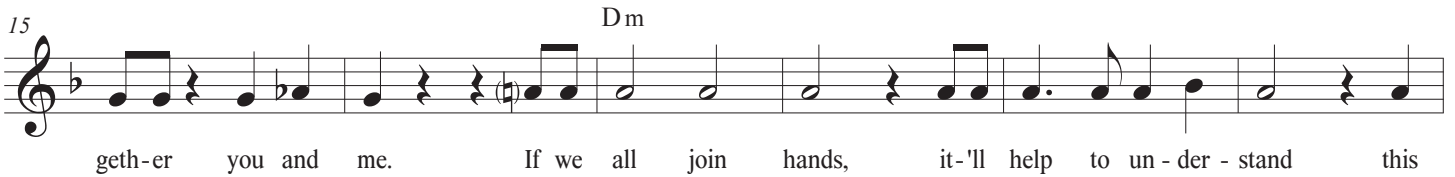
♩ = 110

Melody 2nd X Only
Dm

Cm



If we



Together

49 Dm C B $\flat$ A7 N.C. Dm

geth-er, to - geth-er, to - geth-er you and me.

55 Dm Cm

(instrumental)

63 Dm Cm

70 Gm A7 Dm C B $\flat$ A7 Dm

78 Em

Let's res - pect all the dif-f'ren-ces and ce - le - brate with

84 Dm B7 A

cheer, cre - ate a world more to - le - rant, more in - tel - li - gent do ya hear?

89 Em Dm Am

re - vo - lu - tion of love starts from with - in. Let's plant the seeds of kind-ness. Are you

95 B7 B7(#5) B7 Em

rea - dy to be - gin? (instrumental) If we all join to - geth-er, how

101 Dm

ea-si-er it will be to share in all the laugh-ter, cre - ate com-mu - ni - ty. If we

107 Em Dm Am

all join hands, it-'ll help to un-der - stand our com - plex - i - ties, di - ver - si - ties, I

113 B7 Em D C B7

hope you un - der - stand. To - geth-er, to - geth-er, to - geth-er To -

119 Em D C B7 Em

geth-er, to - geth-er, to - geth-er To - geth-er, to -

124 D C B7 N.C. Em

geth - er, to - geth - er you and me.

The musical score is written for a single melodic line in treble clef with a key signature of one sharp (F#). It consists of four staves of music. The first staff (measures 107-112) features chords Em, Dm, and Am. The second staff (measures 113-118) features chords B7, Em, D, C, and B7. The third staff (measures 119-123) features chords Em, D, C, B7, and Em. The fourth staff (measures 124-126) features chords D, C, B7, N.C. (Natural Chord), and Em. The lyrics are written below the notes, with some words spanning across measures and others ending with a line. The score ends with a double bar line at the end of the fourth staff.

Until The End Of Time

Words and music by Russell Sprout

$\text{♩} = 80$

A F#m D A D A E A F#m

La la la la__ la la__ la. __ La la

6 D A D A E F#m Bm

la la__ la la__ la. __ I will love you un-

12 D A F#m Bm D

til the end__ of time. __ What - ev-er you go through we'll be fine.

17 A F#m Bm D A

__ I will be - lieve in you. un - til the end of time. __

22 F#m Bm D E

Call and I'll come through like a per - fect rhyme. __

27 A F#m D A D A E A F#m D A

La la la la__ la la__ la. __ La la la la__

33 D A E F#m Bm

la la__ la. __ I will care for you un -

38 D A F#m Bm D

til the end__ of time. __ What - ev-er hap-pens to you, you'll be mine.

Until The End Of Time

43 A F#m Bm D A

I will be there for you un - til the end of time. _____

48 F#m Bm D E

Call and I'll come through like a per - fect rhyme. _____

53 A F#m D A D A E A F#m D A

La la la la _____ la la _____ la. _____ La la la la _____

59 D A E Bm C#m

la la _____ la. _____ If you get in - to trou - ble,

64 Bm C#m Bm C#m

when you're in your dark - est hour, _____ let's call up - on _____ each oth - er. Hey

68 Bm C#m D E

you, it's me.

Breakdown 1st Time: No Chords

72 A F#m D A D A E A F#m D A

La la la la _____ la la _____ la. _____ La la la la _____

78 D A E

la la _____ la. _____ **Repeat to fade**