

Listen & Sing Along With Us

The full audio versions of all four Superpower Songs are available on our website — ready for you and your children to press play, sing along, and make these songs a daily ritual.

www.TheHummingbirdWhisper.com

 I've Got Eyes Like a Hummingbird · *Awareness*

 Breathe It In... Let It Out · *Calm*

 My Heart Is Full Like a Jar of Stars · *Gratitude*

 Hmmm... I Already Know · *Inner Wisdom*

Tip for families: Sing the chorus together as many times as you like before reading. Let repetition be the magic — the more your child hears it, the more it becomes theirs.

SONG 1



I've Got Eyes Like a Hummingbird

Superpower: Awareness • Sparkly • Wide-eyed • Curious



INTRO

*Shh... come close, I'll tell you true —
there's a superpower inside of you.*

VERSE

I can see the little things.
I can see what wonder brings.
Tiny things, I see them all.
I can see the world so small.

CHORUS

**I've got eyes like a hummingbird,
I've got eyes like a hummingbird,
I see it all, I see it all —
I've got eyes like a hummingbird!**

BRIDGE

*Look real close... what do you see?
Something small, just you and me.*

FINAL CHORUS

**I've got eyes like a hummingbird,
I've got eyes like a hummingbird,
I see it all, I see it all —
I've got eyes like a hummingbird!**

Noticing YOU... is my favorite thing to do.

SONG 2



Breathe It In... Let It Out

Superpower: Calm • Slow • Gentle • Breathing Rhythm



INTRO

*Shh... let's breathe in together now...
one big breath, and feel it — wow.*

VERSE

In... and out...
In... and out...
My breath is slow.
My breath is soft.

CHORUS

Breathe it in... let it out...
Breathe it in... let it out...
Nice and slow, nice and slow —
Breathe it in... let it out...

BRIDGE

*Feel your heart go soft and still.
Breathe it in... you know you will.*

FINAL CHORUS

Breathe it in... let it out...
Breathe it in... let it out...
Nice and slow, nice and slow —
Breathe it in... let it out...

I carry my calm wherever I go!

SONG 3



My Heart Is Full Like a Jar of Stars

Superpower: Gratitude • Warm • Joyful • Overflowing



INTRO

*Shh... close your eyes, think of one small thing —
something good that made your heart go "ding!"*

VERSE

One good thing, hold it tight.
One good thing, shining bright.
Say it loud, say it true.
One good thing, just for you.

CHORUS

**My heart is full like a jar of stars,
my heart is full like a jar of stars,
shining bright, shining bright —
my heart is full like a jar of stars!**

BRIDGE

*Add one more star up in the sky.
Thank you, thank you, that's just why.*

FINAL CHORUS

**My heart is full like a jar of stars,
my heart is full like a jar of stars,
shining bright, shining bright —
my heart is full like a jar of stars!**

Thank YOU, just for being who you are!

SONG 4



Hmmmm... I Already Know

Superpower: Inner Wisdom • Quiet • Mysterious • Knowing



INTRO

*Shh... be still now, listen deep —
there's a wise little voice that never sleeps.*

VERSE

Listen close, way down deep.
Listen close, it's not asleep.
Small and quiet, soft and true.
That little voice belongs to you.

CHORUS

**Hmmmm... I already know,
Hmmmm... I already know,
deep inside, deep inside —
Hmmmm... I already know.**

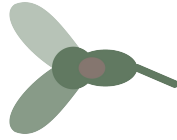
BRIDGE

*Ask the quiet, wait, and see...
the answer's there, inside of me.*

FINAL CHORUS

**Hmmmm... I already know,
Hmmmm... I already know,
deep inside, deep inside —
Hmmmm... I already know.**

I knew it all along.



The Hummingbird Whisper

Where Wonder Meets Wisdom

thehummingbirdwhisper.com

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