**Motions to song:**

**Friendliness is the Best Cure for Loneliness**

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| **CHORUS** |  |
| Friendliness is the best | Hug yourself and rock back and forth |
| Cure for loneliness | Hold out arms to sides, elbows bent, turning head from side to side and smiling |
| Friends can share everything | Cup hands and hold them in front, then move from side to side as if sharing goodies in your hands |
| Sadness and happiness | Index fingers on either side of mouth, frown  Index fingers on either side of mouth, huge smile |
|  |  |
| **CHORUS** |  |
|  |  |
| Friendliness makes a stranger feel welcome | clap hands, sway back and forth |
| Look in their eyes and smile like the sun | Fingers to corners of mouth, smile brightly |
|  |  |
| **CHORUS** |  |
|  |  |
| I like myself, I know I can make new friends | Pat chest with finger-tips, look side-to-side and smile |
| I'm interested in others, I can be myself with them | Palms open hands in front, elbows bent, then move arms to sides |
|  |  |
| **CHORUS** |  |
|  |  |
| Will you be my friend? | Beckon another person with hand |
| I'd like to get to know you | Smile broadly |
| -- I'd like for you to know me, too |  |
|  |  |
| **CHORUS** |  |