

UPBEAT

13-16

*A healthy approach
to boys' wellbeing*



Song Lyrics

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TRACK 01: Man Up

Faith Child's Choice: Believer (Imagine Dragons)

First things first

I'ma say all the words inside my head

I'm fired up and tired of the way that things have been, oh ooh

The way that things have been, oh ooh

Second thing second

Don't you tell me what you think that I can be

I'm the one at the sail, I'm the master of my sea, oh ooh

The master of my sea, oh ooh

I was broken from a young age

Taking my sulking to the masses

Write down my poems for the few

That looked at me, took to me, shook to me, feeling me

Singing from heartache from the pain

Taking my message from the veins

Speaking my lesson from the brain

Seeing the beauty through the

(Pain) You made me a, you made me a believer, believer

(Pain) You break me down, you build me up, believer, believer

(Pain) Oh let the bullets fly, oh let them rain

My life, my love, my drive, it came from

(Pain) You made me a, you made me a believer, believer

Third things third

Send a prayer to the ones up above

All the hate that you've heard has turned your spirit to a dove, oh ooh

Your spirit up above, oh ooh

I was choking in the crowd

Building my rain up in the cloud

Falling like ashes to the ground

Hoping my feelings, they would drown

But they never did, ever lived, ebbing and flowing

Inhibited, limited

'Til it broke up and it rained down

It rained down, like

(Chorus)

Last things last
By the grace of the fire and the flames
You're the face of the future, the blood in my veins, oh ooh
The blood in my veins, oh ooh
But they never did, ever lived, ebbing and flowing
Inhibited, limited
'Til it broke up and it rained down
It rained down, like

(Chorus)

Songwriters: Robin Lennart Fredriksson / Mattias Per Larsson / Benjamin Arthur McKee / Daniel James Platzman / Daniel Coulter Reynolds / Daniel Wayne Sermon / Justin Drew Tranter
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TRACK 02: Real

Harry Baker's Choice: Simple Things (A.Skillz, Krafty Kutz, Real Elements)

Yo... Real Elements... A.Skillz... Krafty Kutz... Doctor Luke

*I don't need much, just the simple things in life
Like the skills to freestyle and friends to make me smile
Not much, just the simple things in life
Like a beautiful sunny day and a good DJ
Not much, just the little things we see
Things we don't buy, things we get free
Not much, things we do naturally
And for me it's things like being an MC*

All I need in this crazy world is me and a piece of mind
I'm trying to find that happiness exist in things we overlook
Like a song with deep lyrics and a catchy hook
The cinema is cool but I rather read a book
The simple things like a cordless mic to clutch
And some banging instrumentals like an eight-foot bunch
To make the crowd get the hell up like Pharoahe Monch

The little things in this planet that we take for granted
Like living in your own and being independent
Breathing oxygen and living in the present and
Two eardrums that enable you to listen
Being outside not locked in a prison
I'd rather have that than rocks that shine and glisten
Or a brand new Porsche with keys in the ignition
You gotta be a simple man to fit that description

What ever happened to rapping and standing for what you believe in
MC's became famous not because they were beefing
Battles were not personal I wouldn't punch your teeth in
No one died over music, Hip Hop was not grieving
I miss those cheap videos and live shows
Where MC's from any coast did collabos
The industry was family, friends, not foes
Instead of shooting guns in the clubs you'd throw whoa's
It's no longer simple now, anything goes

Just to rock the mic you need expensive clothes
And company logos everybody knows
I chose to keep it simple and break those laws

Compose these tight flows and rhyme for a cause (x4)

(Chorus)

What you hear is what you get, on CD or cassette
Even live on the stage when I bomb your set
Just a mic and a DJ, why complicate it?
This is how I look at life it's not fabricated
I've dedicated the track to living with simplicity
No lights, no cameras I don't need publicity
The audience enhancing the air is what I'm asking
Anything less should be thrown into the trashcan
This is not a script in a movie, I'm not acting
You live what you write in life there's nothing greater
If you don't feel this now, you gonna feel it later
As soon as A.Skillz flips on the fader

(Chorus)

Songwriters: Lukasz Gottwald / J. Kililani / Adam Mills / Martin Reeves
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TRACK 03: Lemonade

Joshua Luke Smith's Choice: Stupid Deep (Jon Bellion)

What if who I hoped to be was always me?
And the love I fought to feel was always free?
What if all the things I've done, yeah
Were just attempts at earning love? Yeah
'Cause the hole inside my heart is stupid deep, stupid deep

What if where I've tried to go was always here?
And the path I've tried to cut was always clear?
Why has life become a plan, yeah
To put some money in my hand?
When the love I really need is stupid cheap, stupid cheap

What if who I hoped to be was always me?
And the love I fought to feel was always free?
What if all the things I've done
Were just attempts at earning love? Yeah
'Cause the hole inside my heart is stupid deep, oh, stupid deep

What if who I hoped to be was always me?
And the love I fought to feel was always free?
What if all the things I've done (What if all the things I've done)
Were just attempts at earning love?
Though the hole inside my heart is stupid deep, oh, stupid deep

Deep

Songwriters: Jonathan Bellion / Raul Cubina / Christianne Jensen / Travis Mendes / Mark Williams
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TRACK 04: Power Up

Radzi Chinyanganya's choice: Love My Life (Robbie Williams)

Tether your soul to me
I will never let go completely
One day your hands will be
Strong enough to hold me

I might not be there for all your battles
But you'll win them eventually
I'll pray that I'm giving you all that matters
So one day you'll say to me

*I love my life
I am powerful
I am beautiful
I am free
I love my life
I am wonderful
I am magical
I am me
I love my life*

I am not my mistakes
And God knows I've made a few
I started to question the angels
And the answer they gave was you

I cannot promise there won't be sadness
I wish I could take it from you
But you'll find the courage to face the madness
And sing it because it's true

(Chorus)

Find the others
With hearts like yours
Run far, run free
I'm with you

(Chorus x2)

And finally
I'm where I wanna be

Songwriters: Gary Go / John McDaid / Robert Williams
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TRACK 05: Boys Don't Cry

Steph Macleod's choice: Love Changes Everything (Steph Macleod)

Here's what I know about paying it forward:
To keep what you got you gotta give it away
Cos love is a bridge to hope faith and courage
Over the troubled water every time come what may

*So right here, right now, I believe I believe I believe
Love changes everything
And I know, I know, I know, reaching out I know I am never alone because
Love changes everything*

So never look down without a little love and compassion
But lifting up our brothers in love is how we rise again
Cos time is a gift in which kindness is golden
And when it pulls from your soul, you really gotta know when hope remains

(Chorus)

You can lay your head on my shoulder
You can let the tears run dry
And as we wade through the water, we can carry each other
Out of the rising tide, yeah

(Chorus)

Your love changes everything (x2)

Songwriters: Steph Macleod
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TRACK 06: **Becoming Me**

Siku's Choice: What's Going On (Marvin Gaye)

Mother, mother
There's too many of you crying
Brother, brother, brother
There's far too many of you dying
You know we've got to find a way
To bring some lovin' here today, eheh

Father, father
We don't need to escalate
You see, war is not the answer
For only love can conquer hate
You know we've got to find a way
To bring some lovin' here today, oh oh oh

Picket lines and picket signs (sister)
Don't punish me with brutality (sister)
Talk to me, so you can see (sister)
Oh, what's going on (what's going on)
What's going on (what's going on)
Yeah, what's going on (what's going on)
Ah, what's going on (what's going on)

In the mean time
Right on, baby
Right on brother
Right on babe

Mother, mother, everybody thinks we're wrong
Oh, but who are they to judge us
Simply 'cause our hair is long
Oh, you know we've got to find a way
To bring some understanding here today, oh oh oh

Picket lines (brother) and picket signs (brother)
Don't punish me with brutality (brother)
C'mon talk to me (brother)
So you can see (brother)
What's going on (what's going on)
Yeah, what's going on (what's going on)
Tell me what's going on (what's going on)
I'll tell you what's going on, ooh ooo ooo ooo
Right on baby, right on baby

Songwriters: Al Cleveland / Marvin Gaye / Renaldo Benson
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