

New Year's Resolutions in Perfect Harmony

"When You Wish Upon a Star" (Dream)

"Do-Re-Mi" (Learn a New Skill)

"Twist and Shout" (Stay Active)

"You've Got a Friend" (Friendship)

"Put On Your Sunday Clothes" (Adventure)

Kick Off the New Year with Music

As the calendar turns to a brand-new year, music can inspire us to dream big, try new things, and embrace the possibilities ahead. This January, Perfect Harmony is channeling the energy and optimism of New Year's resolutions through songs that encourage us to grow, connect, and explore.

Whether it's setting bold goals with "When You Wish Upon a Star," learning something new with "Do-Re-Mi," staying active to the lively beat of "Twist and Shout," nurturing friendships with "You've Got a Friend," or seeking adventure with "Put on Your Sunday Clothes," music helps us take the first step toward becoming our best selves. Let's ring in the new year together—in perfect harmony!



**Happy
New Year**



Song: "When You Wish Upon a Star" (1934)

Songwriters: Leigh Harline and Ned Washington

Brief Context: "When You Wish Upon a Star," was created for the 1940 Disney animated film *Pinocchio*, where it was originally sung by Cliff Edwards as the character Jiminy Cricket. The song, which plays over the film's opening credits and final scene, won the 1940 Academy Award for Best Original Song, making it Disney's first Oscar-winning tune. Over time, it became the signature song of The Walt Disney Company, used in numerous films and theme parks, and has been inducted into the Library of Congress National Recording Registry. The song has been covered by artists ranging from Glenn Miller to Beyoncé, and remains an enduring symbol of Disney magic and aspiration.

***Activity:* Singing**

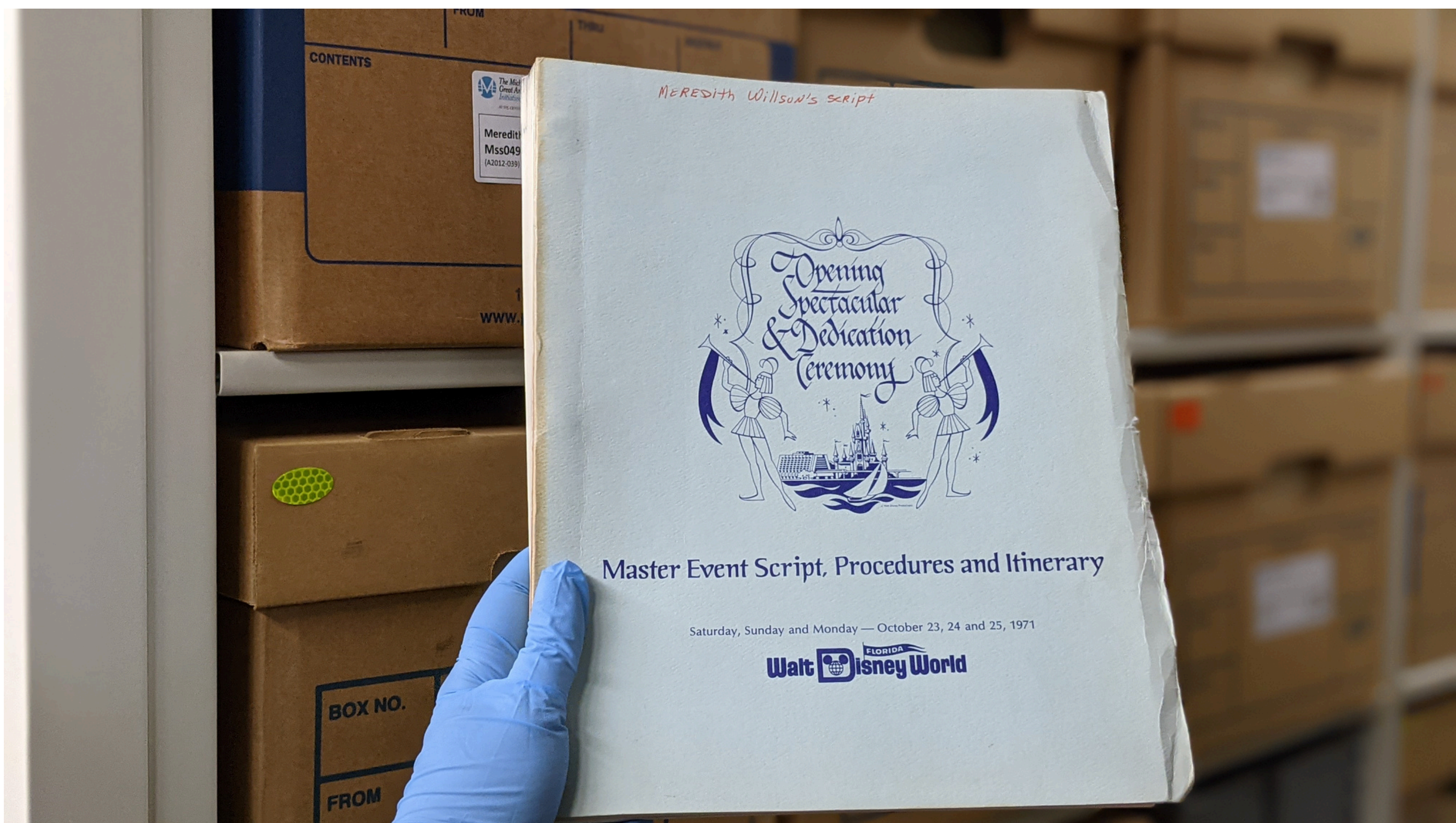
What do you need?

- Perfect Harmony "When You Wish Upon a Star" video
- Perfect Harmony "When You Wish Upon a Star" lyrics

Fun fact:

Did you know that the first five notes of "When You Wish Upon a Star" are used as the horn signal for all Disney Cruise Line ships? Every time a Disney ship sets sail, you can hear a musical reminder of the iconic song that represents the magic of Disney! If your family has ever visited a Disney park or gone on a Disney cruise, dig out those photos and home videos. Relive the magic of your adventures and share your favorite moments.





Speaking of Disney, did you know Meredith Willson conducted and led the 1,076-piece marching band down Main Street for the Opening Spectacular of Walt Disney World? Housed in the Songbook Library & Archives are a few treasures from Willson's participation in this once-in-a-lifetime event! Learn more in a special [Archives Artifact spotlight](#) at [TheSongbook.org](#).



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When You Wish Upon a Star

**When you wish upon a star
Makes no difference who you are
Anything your heart desires
Will come to you**

**If your heart is in your dream
No request is too extreme
When you wish upon a star
As dreamers do**

**Fate is kind
She brings to those who love
The sweet fulfillment of
Their secret longing**

**Like a bolt out of the blue
Fate steps in and sees you through
When you wish upon a star
Your dreams come true**

Song: "Do-Re-Mi" (1959)

Songwriters: Richard Rodgers and Oscar Hammerstein II

Brief Context: "Do-Re-Mi," from the 1959 musical *The Sound of Music*, was written by Richard Rodgers and Oscar Hammerstein II. The song teaches the solfège syllables through playful lyrics like "Do, a deer, a female deer" and was originally sung by Maria to the Von Trapp children. Arranged by Trude Rittmann, the song became iconic in the 1965 film adaptation, where it was featured in a Salzburg montage. It ranks #88 on AFI's 100 Years...100 Songs list and remains a musical theater classic.

Activity: Singing and Discussion

What do you need?

- **Perfect Harmony "Do-Re-Mi" video**
- **Perfect Harmony "Do-Re-Mi" lyrics**

Suggested Discussion Prompt

Tell someone about a new skill you'd like to learn this year. How would you break it down step by step, like the process in "Do-Re-Mi."

- **Learning a new language: Start with basic phrases, then build vocabulary.**
- **Cooking: Begin with simple recipes, gradually try more complex ones.**
- **Playing an instrument: Start with scales or easy songs, then progress.**

What's your goal, and how will you take the first step?



Do-Re-Mi

Let's start at the very beginning

A very good place to start

When you read, you begin with A-B-C

When you sing, you begin with do-re-mi

Do-re-mi

The first three notes just happen to be

Do-re-mi

Do-re-mi-fa-so-la-ti

Do, a deer, a female deer

Re, a drop of golden sun

Mi, a name I call myself

Fa, a long, long way to run

So, a needle pulling thread

La, a note to follow so

Ti, a drink with jam and bread

That will bring us back to do, oh, oh, oh

Do-Re-Mi Continued

Do, a deer, a female deer

Re, a drop of golden sun

Mi, a name I call myself

Fa, a long, long way to run

So, a needle pulling thread

La, a note to follow so

Ti, a drink with jam and bread

That will bring us back to do

Do-re-mi-fa-so-la-ti-do

Song: "Twist and Shout" (1961)

Songwriters: Phil Medley and Bert Berns

Brief Context: "Twist and Shout," written by Phil Medley and Bert Berns (credited as Bert Russell), was first recorded by the Top Notes in 1961 but failed to chart. The song found success in 1962 when the Isley Brothers reworked it, infusing it with a gospel-soul energy that propelled it to the Top 20 on the Billboard Hot 100. The Beatles' iconic 1963 cover of the song, recorded in a single take with a raw, hoarse vocal by John Lennon, became one of the band's biggest hits in the US, reaching No. 2 on the Billboard Hot 100. The song's popularity has endured through numerous covers and uses in film, solidifying its place in rock and roll history.

Activity: Movement

What do you need?

- **Perfect Harmony "Twist and Shout" video**

Suggested Seated Movement

Follow Perfect Harmony leader Donna or create your own seated movement!

Use movements like . . .

- **Do the "twist" with your upper body in a seated position**
- **Press the palm of your hands forward in a "stop" position as you gradually raise arms up and down, continuing to press on the beat**
- **Extend foot forward and alternate tapping right vs. left heel**



Song: "You've Got a Friend" (1971)

Songwriter: Carole King

Brief Context: "You've Got a Friend," written by Carole King, was first recorded by her for the 1971 album *Tapestry* and by James Taylor for *Mud Slide Slim and the Blue Horizon*. Taylor's version became a number one hit on the *Billboard Hot 100*. Both versions featured overlapping musicians, including Taylor, King, Joni Mitchell, and Danny Kortchmar. The song won Grammy Awards for both artists, with Taylor receiving Best Male Pop Vocal Performance and King winning Song of the Year. Covered by many artists, it was inducted into the Grammy Hall of Fame in 2001 (Taylor) and 2002 (King). Its themes of friendship and support continue to resonate with listeners.

***Activity:* Listening and Discussion**

What do you need?

- Perfect Harmony "You've Got a Friend" video
- Perfect Harmony "You've Got a Friend" lyrics

Suggested discussion prompt:

This song highlights the importance of friendship and support. Think about someone special in your life who you can always count on and tell them how much they mean to you. Examples of things you could say:

- Express gratitude: "Thank you for always being there for me."
- Share a memory: "I'll never forget when you helped me through [specific moment]."
- Offer reassurance: "I want you to know that I'm here for you, just like you've been here for me."



Song: "Put On Your Sunday Clothes" (1964)

Songwriter: Jerry Herman

Brief Context: "Put On Your Sunday Clothes," written by Jerry Herman, is a lively song from the 1964 Broadway musical *Hello, Dolly!* and its 1969 film adaptation. Performed in the film by Tommy Tune, Danny Lockin, Michael Crawford, and Barbra Streisand, the song expresses the characters' excitement as they prepare for an adventure in New York City. With its upbeat, joyful tone, "Put On Your Sunday Clothes" embodies the musical's themes of optimism and new possibilities, becoming one of its most memorable numbers.

Activity: Singing and Discussion

What do you need?

- **Perfect Harmony "Put On Your Sunday Clothes" video**
- **Perfect Harmony "Put On Your Sunday Clothes" lyrics**

Suggested Discussion Prompt

This song encourages us to get out and explore. Think about an adventure you'd like to go on this year. For example:

- **Traveling to or learning about a new city or country: Explore new cultures and landmarks.**
- **Taking a cooking or art class: Try something creative and different.**
- **Visiting historical sites or famous museums: Explore the past and learn something new.**

What place or experience excites you, and what's the first step you'll take toward it?



Put On Your Sunday Clothes

**Put on your Sunday clothes when you feel down and out
Strut down the street and have your picture took
Dressed like a dream, your spirits seem to turn around
That Sunday shine is a certain sign that you feel as fine
as you look**

**Beneath your parasol, the world is all a smile
That makes you feel brand new down to your toes
Get out your feathers, your patent leathers
Your beads and buckles and bows
For there's no blue Monday in your Sunday**

**Put on your Sunday clothes when you feel down and out
Strut down the street and have your picture took
Dressed like a dream your spirits seem to turn around
That Sunday shine is a certain sign that you feel as fine
as you look**

**Beneath your bowler brim, the world's a simple song
A lovely lilt that makes you tilt your nose
Get out your slickers, your flannel knickers
Your red suspenders and hose
For there's no blue Monday in your Sunday clothes**