



## Little Green Monster Project Song Composition Contest

*Want to help families impacted by cancer?  
Want to produce a music video from your original composition?*

We are seeking talented students to compose 1-3 songs. You can choose from any of these styles: hip hop, electronic dance music, and power ballad. Lyrics are provided.

These songs will be studio recorded and produced into audio and video formats as part of the Little Green Monster Project's video series to support emotional well-being of children and teens, whose families are going through difficult times.

The songs will be available via Spotify, iTunes. The music videos will be hosted by YouTube on The Little Green Monster Project's channel.

See Song Lyrics on the following pages.

### Contest Rules

1. Songs may not exceed five (5) minutes in length. Songs may have multiple co-writers, but please designate one name only on the application.
2. Contestants are 18 years or younger, and may submit as many songs in as many categories as he/she wishes (hip hop, electronic dance music (EDM), and singer/songwriter for piano/guitar). Contestants may submit in groups.
3. Songs will use lyrics from the poems of Sharon Chappell. The provided lyrics will serve as parameter themes but do not have to be used verbatim.
4. Contestants are free to alter lyrics to best suit their piece but submissions be family friendly.
5. All entries must be original songs and shall not infringe upon any copyrights or any other rights of any third parties (no sampling or plagiarism).
6. Songs may have multiple co-writers, but only one name should be designated as the entrant.
7. File Name should use the following format: FirstName\_LastName\_SongTitle.mp3
8. Compositions recorded in Mp3 format
9. Submission deadline: 11:59pm, February 28, 2020
10. Use the online submission form at: <http://bit.ly/LGMSongContest>
11. Winners will be selected by a panel of judges and notified by March 15, 2020. They will be awarded studio time with Little Green Monster Producers and recognition for the song release. Winners will need to obtain consent for participation from parent or guardian.
12. By entering this contest, contestants hereby give consent to the recording, broadcast and promotion(s) of the reproduction(s) of the voice and music as part of the Little Green Monster Cancer Magic Production. You also understand and agree to receive no monetary compensation for appearances and participation in the Little Green Monster Song-Writing Competition or promotion(s) of your works.

13. By entering the Little Green Monster Song-Writing Competition - contestants hereby give consent to have your song and/or song link posted to the Little Green Monster website, social media platforms or any equivalent streaming/distribution service where your works are available, YouTube or any other online service for promotional purposes only.

#### PROJECT PARTNERS

The Little Green Monster Project engages imagination, creative expression, and open communication to support the emotional well-being of children and their families during cancer, through book and duffle donations, book readings, creative arts workshops, and multimedia online tools and resources. [www.littlegreenmonster.org](http://www.littlegreenmonster.org)

Active Learning creates emotional & physical wellness through arts education by providing comprehensive education in dance and fitness through creative movement, technical workshops, cultural diversity and performing arts. [www.Activelearningusa.org](http://www.Activelearningusa.org)

**In the event of technical difficulties, or if you have questions:  
Contact Sharon: 714-264-4612, [sharon@littlegreenmonster.org](mailto:sharon@littlegreenmonster.org)**

**Submission deadline: 11:59pm, February 28, 2020  
Please fill out online submission form at: <http://bit.ly/LGMSongContest>**

#### LITTLE GREEN MONSTER PROJECT SONGS

SONG #1: Feelings Are Real / Los sentimientos son reales

SONG #2: Monster in Me / Monstruo en mi

SONG #3: So Many Questions / Tantas preguntas

#### **SONG #1: “Feelings Are Real”**

Dime little monster  
Cuéntame tus males  
I really want to know  
Tus sentimientos reales

A veces estoy bien  
A veces no  
A veces sonrío  
A veces siento dolor

Mira cómo brinco  
Como bailo, rujo, y giro  
Dime, ¿qué haces tu

Cuando te sientes dolido?

Do you spin  
Do you wave  
Do you stomp, growl and hide?  
Yo quiero saber  
How you feel deep inside.

Sometimes I'm high  
Sometimes I'm low  
Maybe a hug  
Quizas, I don't know

Dime little monster  
Cuéntame tus males  
I really want to know  
Tus sentimientos reales

## **SONG #2: "Monster In Me"**

Yesterday, I walked down the street,  
Places to go, people to meet  
Voces con prisa filled the air  
Sin pausa ni tiempo  
No time to spare

My face only shows  
Lo que muestro de mi  
Do I take off this mask  
Do I let them see?

I Smiled, y tragué mi tristeza  
I laughed, y callé mi dolencia  
Seguí mi camino  
Straight into the crowd  
Refusing to get  
Swallowed up in this shroud

Monster in me set me free  
Déjame ser who I long to be  
Libérame, de lo que me ata  
De lo que me hunde, me agarra, y me aguanta

I hear a rumble in my belly,  
I feel an ember deep inside  
Ahí, donde puedo llorar  
Sin fingir que sonrío, poder suspirar  
Monster in me set free,  
help finally make me me

Today I stare up the big plum tree  
Why does its height frighten me  
Recojo su fruta y me balanceo  
Que lo malo se vaya, eso deseo

Con cuernos rayados y cola espiral,  
El monster en mi  
Saca el feeling real  
Clawing the branch, I breathe out and in  
Muevo el aire y la luz. Empiezo otra vez.  
mask off, monster out  
Ahora a volar, aullar and shout.

Monster in me set me free  
Déjame ser who I long to be  
Libérame, de lo que me ata  
De lo que me hunde, me agarra, y me aguanta

I hear a rumble in my belly,  
I feel an ember deep inside  
Ahí es, donde puedo llorar  
Sin fingir que sonrío, poder suspirar  
Monster in me set me free,  
help finally make me me

### **SONG #3: “Tantas preguntas”**

Who? What?  
When? ¿Por qué?  
Yo tengo mil preguntas  
I must ask you today  
I see you on the couch,  
I see you in the bed.  
Corriendo por mi mente,  
mil cosas pensé.

You're sick, and you're tired  
from medicine and pain  
¿Cuándo podrás jugar  
conmigo otra vez?

Who, what,  
when, ¿porqué?  
Mi questions look for answers  
Una y otra vez  
¿Qué pasará  
if our fun ends?  
Will it make you worse  
Si pregunto otra vez?  
Please tell me, ¿qué pasó?  
dime ahora, pues.  
Why do you always say,  
“It's ok”?  
¿Tienes miedo que llore?  
Contesta, no me ignores  
Who, what,  
when, ¿porqué?

No hay respuesta a mis preguntas;  
Pero sigo cuestionando  
¿Why this has become us?  
¿Why this has become you?

I see you on the sofa,  
I see you in the bed.  
Me guardo mis preguntas,  
I crawl near you instead.  
You hold me in your arms  
Your fingers twist my hair  
susurras tus cariños  
I feel your warmth and care

Aun tengo preguntas,  
I gather will to say  
“De algo estoy seguro”  
you answer me today.  
Unidos en amor, en dudas, o en dolor  
La vida es muy difícil,  
there is also so much joy

Sintamos todo todo,  
juntos sin temor.

Who, what, when, porque  
Ask me anything, mi amor  
I'm someone you can trust  
And your are the very best  
In sickness and in health  
Our love will heal the rest