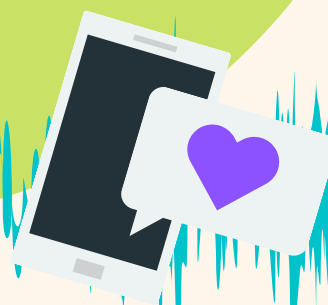
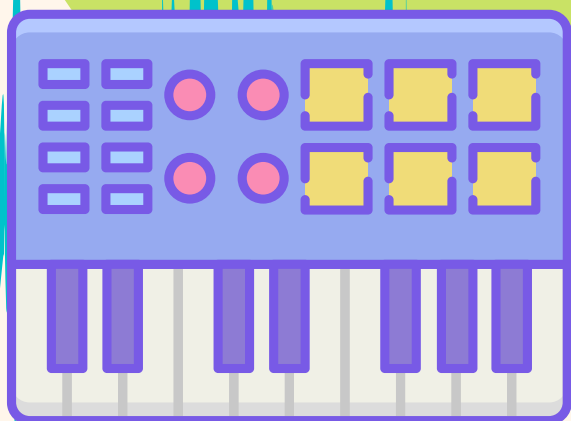


A collection of small, colorful triangles in shades of teal, purple, and lime green scattered across the top of the page.

# TEEN EDITION



**JAM ALONG!**

a VIP Exclusive  
by Music Therapy Ed

# SUMMER LALL, MT-BC PRESENTS YOUTH EDITION

Many of our youth are struggling with trauma, addiction, mental health challenges, racism, poverty, and violence, oftentimes in the shadows. Adolescents use music as a means of coping to explore their identity, express intense emotions and foster a sense of belonging.

Jam along with Summer & learn modern beats with ZERO guitar playing to go with it! This set focuses on modern rhythms and drumming in authentic styles.

## JAM ALONG!

VIPs, log in for a new Jam Along each month

Not a VIP? Join us here:

<https://musictherapyed.com/vip>



# SET LIST

1. GRINDIN' | CLIPSE (INSTRUMENTAL)
2. MAMA CRY | YNW MELLY
3. HEART ON ICE | ROD WAVE
4. LOVE | JHENÉ AIKO
5. THROUGH DA STORM | POLO G (CLEAN)



**[LISTEN ON SPOTIFY](#)**

# SET NOTES

## **GRINDIN - CLIPSE (INSTRUMENTAL)**

Learn by ear - oral tradition (following day will have notation of a Pop/Hip-Hop rhythm)

## **MAMA CRY - YNW MELLY**

Chords: em D/F# (key of G)

## **HEART ON ICE - ROD WAVE**

Chords: Ebm7 Bbm Bmaj7 (Key of Ebm)

## **LOVE - JHENE AIKO**

Chords: F C dm Bb (Key of F)

## **THROUGH DA STORM - POLO G**

Chords: dm Bb F C/E (Key of dm)

\*song is using detune effect so is between the key of Dm and Ebm. Can be played as medley with LOVE or Heart on Ice depending of key chosen. Dm was chosen for simplicity. If playing along with the recording, guitar can be tuned slightly sharp.

***\*We encourage students to PURCHASE this music to help support the artists directly***





## MAMA CRY | YNW MELLY

**Chords: em D/F# (key of G)**

100k, remain solid  
I'm sorry, won't right my wrongs  
Mama, please don't you cry, I'm sorry  
I just caught some time, I'll be home soon  
It won't be long, I promise  
I will be okay, just wipe those  
Tears off of your face, I'm sorry

I won't right my wrongs, I'm guilty  
Lord, have mercy, please forgive me  
Mama, please don't you cry, I'm sorry  
One hundred and forty-five days, I'm counting  
Tryna hold on but the time goes slowly  
Two hundred and twenty-five ice cold showers  
Hurricane hit my cell, ain't get no power  
Tryna walk a narrow straight path is a battle  
Kinda hard to walk when you're chained in shackles  
My soul bleeds through these four walls  
My heart aches after phone calls

Mama, please don't you cry, I'm sorry  
I just caught some time, I'll be home soon  
It won't be long, I promise  
I will be okay, just wipe those  
Tears off of your face, I'm sorry  
I won't right my wrongs, I'm guilty  
Lord, have mercy, please forgive me  
Mama, please don't you cry, I'm sorry

Give you my heart that's filled with pain, give me my freedom  
Take off these shackles, they hurt my hands, let me go home  
Cold shower, cold bath, cold food, cold slab  
Only makes a cold heart  
Cold shower, cold slab, cold food, cold bath  
Only makes a cold

Mama, please don't you cry, I'm sorry  
I just caught some time, I'll be home soon  
It won't be long, I promise  
I will be okay, just wipe those  
Tears off of your face, I'm sorry  
I won't right my wrongs, I'm guilty  
Lord, have mercy, please forgive me  
Mama, please don't you cry, I'm sorry  
Mama, please don't you cry, I'm sorry

Barbed wire, best friend became the barbed wire  
Chains broken by the barbed wire  
Tears dropping from the barbed wire  
(Barbed wire, falling down, barbed wire)  
Cold shower, cold slab, cold food, cold bath (yeah, falling down)  
Only makes a cold heart

## HEART ON ICE | ROD WAVE

### **Chords: Ebm7 Bbm Bmaj7 (Key of Ebm)**

Look

Heart been broke so many times I

Don't know what to believe

Mama say it's my fault, it's my fault I wear my heart on my sleeve

Think it's best I put my heart on ice, heart on ice

'Cause I can't breathe

I'ma put my heart on ice, heart on ice

It's gettin' the best of me

While in the cell with Lil' Wakeem, after I slapped him I had told him

"I don't know how you get down with them clowns but I'm a soldier"

No one could understand, I had way too much aggression

That built over the years from my abandoned adolescence

See I done been lied to, backstabbed, and heartbroken

I wanted to cry but I was too afraid to open

Prayin' one day I'd find a piece of mind by the ocean

I spent all my time committing crimes to get closer

While at my nana house I play the couch, starin' at the ceiling

Tryin' not to get in my feelings

Thinkin' of a way I could make these millions

Maybe that'll take this pain away and clear up all these rainy days

Heart been broke so many times I

Don't know what to believe

Mama say it's my fault, it's my fault I wear my heart on my sleeve

Think it's best I put my heart on ice, heart on ice

'Cause I can't breathe

I'ma put my heart on ice, heart on ice

It's gettin' the best of me

LOVE | JHENÉ AIKO

**Chords: F C dm Bb (Key of F)**

**CHORUS**

La-la-la-la-la-la-la, love  
La-la-la-la-la-la-la, love  
La-la-la-la-la-la-la, love  
La-la-la-la-la, love, yeah

Look how the sun is shining  
Over everything it seems  
Very accepting of me  
Even when I don't believe  
Love, still got love  
You better show me some love  
Now we are growing in love, yeah

**CHORUS**

Look down standing on my feet  
Over hills and valley peaks  
Veering right until I meet  
Everything I'm meant to be  
Love, still got love  
You better show me some love  
Now we are growing in love (yeah)

**CHORUS X 2**

I feel it deep in my soul  
Whenever I'm feeling low  
Anytime there is a void  
I choose to fill it with joy  
Uh huh (uh huh), aww yeah  
I love (I love), I care  
Alright (alright), that's right  
I'm fine  
I'm not bossy, I'm the boss  
You know I could set it off  
But I'd rather use my heart  
When I put my faith in God  
Nothing bothers me at all  
I am more than my emotions  
I know I am control when  
I am living in the moment  
Dedicated and devoted  
Praying often, staying open  
To more love, love

**CHORUS X 2**

## THOUGHT DA STORM | POLO G (clean)

### Chords: dm Bb F C/E (Key of dm)

Hey big brother, it's me, Leah  
Remember at the old house I said you was gonna be a big star one day?  
I'm so proud of you  
Mmh, mmh, mmh, Polo G  
Live in the flesh

#### CHORUS

Know my grandma still with me, when it get cold, I feel your spirit  
Talkin' to my lil' sister, phone calls through Securus  
Walk in court in them shackles, see my mama, her eyes tearin'  
Tryna work towards these blessings but the devil keep interfering  
Everybody go through something, it's all about perseverance  
They was counting me out, I put passion in every lyric  
---- a sack up at Neimans, spend some racks on my appearance  
Yeah, I know that they hate, I'm the man, ain't tryna hear it

Phone on DND, I'm out in Cali whippin' through the mountains  
Just cruisin', feelin' my song, windows down, speakers pounding, yeah  
My engine roaring and that Gucci tiger growling  
Expensive taste, my clothes foreign, I be dripping like a fountain  
Need new shoes, I started hustling 'cause I didn't get no allowance  
Speeding down the wrong path, found my lane, then I rerouted  
Hottest in my city, I heard every word the labels scouted  
I got rich and left the hood, still don't leave the crib without it  
Swear it ain't no better feeling than thumbing through these thousands  
So much money, can't keep track, I think I might need an accountant  
I been runnin' up that check, them blue hundreds just keep piling  
Came a long way from depression, all these riches keep me smiling

#### CHORUS

Couldn't leave my brother in them  
Trenches, told him come and stay with me  
We gon' live like kings for all  
Them nights ain't have no place to sleep  
----- watched us starving, never offered us a place to eat  
Took off, now they mad, but I know that they won't wait for me  
Last year I took a trip to every place that I couldn't wait to see  
Granny, I'm locked up again, sat in that station faithfully  
Now I'm the golden child, I used to think my mama hated me  
Ain't budging 'bout no problems,  
Swear these ----- ain't gon' take from me  
I heard you a robber, on that concrete, you gon' lay deceased  
This .40 waving like a blowdryer, gon' hit his face with heat  
With this ---- for live, forever gang until I'm 83  
Real ----- dyin', it seem like Heaven is the place to be

#### CHORUS