

# Laughable Lyrics

Music & Lyrics by Peter R. Miller  
Arranged & Orchestrated by Kim Scharnberg  
Produced by Trainer's Warehouse

## 1) Thanks For Comin' To The Meeting

Thanks for comin' to the meeting  
Don't forget to say hello  
It's so great to grab a greeting  
One from everyone we know

Have a hearty hug, a howdy  
Haven't seen you in a while  
If it's muggy or it's cloudy  
We will leave you with a smile

Thanks for comin' to the meeting  
Don't forget to say hello  
It's so great to grab a greeting  
One from everyone we know

It's so great to grab a greeting  
Haven't seen you in a while  
So, thanks for comin' to the meeting  
We will leave you with a smile.

# Laughable Lyrics

## **2) Meet And Greet**

Hey there, don't be slow  
Well come on in and say hello  
And take a load off of your feet

There'll be lots to share  
To help you learn and to prepare  
So grab a chair and share a seat

Hang your hat and coat up  
Grab a pencil or pen  
That way what you wrote up  
You'll remember again

Happy that you're with us  
Really glad you could attend  
Here at the meet and greet.

# Laughable Lyrics

## 3) Hello

Hello, come in  
Sit down, relax  
Take off your coats  
Put down your packs  
Please have some coffee  
Have some snacks  
And welcome to the meeting

Yes welcome to  
We welcome you  
Yes, welcome to the meeting

We'll huddle, talk  
Convene, confer  
We'll argue, blather,  
And concur  
Until it all seems like a blur  
But first we need a greeting

Yes, first we need  
Indeed we need  
Yes, first we need a greeting

Hello, hello  
And how are you?  
So what's your name?  
What do you do?

Hello, hello  
And how are you?  
So what's your name?  
What do you do?

Hello, hello  
And how are you?  
Hello Hello Hello Hello  
Let's start the meeting!

## Laughable Lyrics

### 4) Come To Da Meetin', Mon

Please come in  
Yes, come to da meetin', mon  
Let's begin  
Yes, come to da meetin, mon

Participate  
And help us set de tone  
Anticipate  
And please turn off your phone

Please come in  
And give us a greetin', mon  
So dat de meetin' can begin

“Hey, mon! You comin' to da meetin', mon?”  
“Yeah, mon. ‘I’d never miss da meetin’, mon!”

Give a greetin', mon  
Come to da meetin', mon  
De happy greetin', mon  
Give us a greetin', mon

Please come in  
Yes, come to da meetin', mon  
So dat da meetin' can begin,  
Mon.

# Laughable Lyrics

## 5) Sit Down

Sit down  
Time to start the meetin'  
Put away your beepers  
And cool it with the eatin'

Name tags  
Wear 'em while you're greetin'  
Everybody take a seat  
We're gonna start the meetin'

Time to start the meetin'  
Better cool it with the eatin'

I say

Sit down  
Time to start the meetin'  
Name tags  
Wear 'em while you're greetin'  
Sit down  
Time to start the meetin' now.

# Laughable Lyrics

## 6) Fill It In

Fill it in  
Fill it in  
Fill it in  
Fill it in  
With a pencil or a pen  
Please fill it in

Are you Lyn?  
Are you Win?  
Are you Quinn?  
Are you Cyn?  
Well, before we can begin  
Please fill it in

Fill it in  
Fill it in  
Fill it in  
Fill it in  
With a pencil or a pen  
Please fill it in  
Fill it in!

Are you Gin?  
Are you Spin?  
Are you Rin Tin Tin?  
Well, before we can begin please fill  
Before we can begin please fill  
Before we can begin please fill it in.

## Laughable Lyrics

### 7) Please Turn Off Your Cellphone

The cellphone is to yak on  
Or to call somebody back on  
Or to find the inside track on  
Or to hook your fanny-pack on  
To quell a snack attack on  
Or to order a roof rack on  
But this ain't these  
So please  
Turn off your cellphone

I know you want to dial  
And I say this with a smile  
Can you cool it for a while  
The ringing makes me vile  
And it bubbles up my bile  
Though I hate to crimp your style  
So don't you scoff  
But please turn off  
Your cellphone

Okay, this is my last refrain  
And I will not ask you again  
Don't make me toss it down the drain  
Or run it over with a train  
Or something that is inhumane  
'Cause these things make me go insane  
So please turn off  
Please turn off  
Please turn off  
Please turn off  
Please turn off  
Your cellphone.

## Laughable Lyrics

### 8) Make The Most Of It

I didn't volunteer  
I'd like to disappear  
But now that I'm here  
I'll make the most of it

My boss, he made me come  
I really think it's dumb  
But I'll try to succumb  
And make the most of it

I'd rather check my email  
Then play some stupid games  
And meet each male and female  
And remember all their names

I hate to be a snob  
You know I feel just like a blob  
And though it ain't part of my job  
I'll make the most of it

This is a waste of time  
It isn't worth a dime  
But since it's not a crime  
I'll make the most of it

I think this is insane  
I'm gonna miss my train  
But rather than complain  
I'll make the most of it

So much to do, it's really rough  
My work is all in heaps  
And all this touchy-feely stuff  
Is giving me the creeps  
Does this apply to me?  
I'll have to wait and see  
In the meantime I'll agree  
To make the most of it.



## Laughable Lyrics

### 9) Keep An Open Mind

You must always keep an open mind  
In understanding anything you find

Don't be scared of innovation  
That leaves you in a daze  
Mystery's what sets the mind ablaze

So if you watch and don't presume  
And question all the things that you assume

You'll see below the surface  
Uncover something new  
Discovering a purpose  
For everything you do  
You'll understand most anything you find  
When you seek to keep an open mind.

# Laughable Lyrics

## 10) Meetin' Rap

Let me hear you say

The trainin'  
So brainin'  
It's so very entertainin'

Don't be stressin'  
Or assessin'  
Or be messin' with the lesson

And the games the trainers dream  
up  
Well they really seem extreme but  
When they ask us all to team up  
Make me want to go and beam up

And I hope I don't mistake it  
When I try to stay awake 'cause  
When you need a bathroom break  
There just ain't no way to fake it

Let me hear you say

You're tellin'  
An' gellin'  
If you're on your cell, stop yellin'

Did I mention  
Pay attention  
So you get the comprehension

If you did the preparatin'  
Get down with concentratin'  
While you dig participatin'  
And you're into conversatin'

Then this cool communicatin'  
Will get our appreciatin'  
And you'll get congratulatin'  
Yo, instead of terminatin'

Let me hear you say

You're thinkin'  
Of syncin'  
Just make sure your breath ain't  
stinkin'

And be loosen  
While you're sprucin'  
When you do your introducin'

And remember: don't get mired  
In the dyad and the triad  
'Cause you don't wanna get fired  
Before you get retired

One-Two-Three!

Yo, the synergy is happnin'  
But can't be when you're nappin'  
Or when you're busy rappin'  
And your mouth is busy flappin'

I hate to be repeatin'  
Don't be doin' no retreatin'  
You don't need to be competin'  
There is no one to be beatin'  
And no reason to be cheatin'  
Just give everyone a greetin'  
And although it may be fleetin'  
You are welcome to the meetin'

# Laughable Lyrics

## 11) Think Outside The Box

If your ideas seem much too wacky  
And completely out of sync  
If you're afraid to look too tacky  
Because of what you think  
Just remember that a new idea  
Doesn't have to stink  
So don't be scared  
To think outside the box

Think outside  
Think outside  
Think outside the box  
Vanquish inhibitions  
Banish all the blocks  
You'll agree  
When you see  
The ideas it unlocks  
So don't be scared to think outside the box

Now if you're feelin' kinda foolish  
'Cause you think that we will smirk  
If you're afraid to be "uncoolish"  
Left looking like a jerk  
Just recall the great inventions  
People thought would never work  
And don't be scared  
To think outside the box

Think outside  
Think outside  
Think outside the box  
Vanquish inhibitions  
Banish all the blocks  
You'll agree  
When you see  
The ideas it unlocks  
So don't be scared to think outside the box  
Yes, don't be scared to think outside the box.

# Laughable Lyrics

## **12) Be A Part Of The Team**

Just like in baseball  
Or soccer, lacrosse  
No one can do it alone  
But doing whatever  
You're doing together  
Then you won't be out on your own

So be part of the team  
Part of the team  
Yes, be a part of the team  
Just stay on the beam  
Realize your dream  
And be a part of the team

Working together as part of a team  
Great for getting things done  
With cooperation in each situation  
Many minds can be better than one

So be part of the team  
Part of the team  
Yes, be a part of the team  
Stay on the beam  
Realize your dream  
And be a part of  
The very heart of  
Yes, be a part of the team.

# Laughable Lyrics

## 13) The Bathroom Hora

Oy, it's time to stop because  
No one can stay awake  
Time for me to take a pause  
So you can take a

Break from the training  
Though I hate to break the flow  
But sometimes nothing can be done  
When someone's gotta go

I can see you're bristling,  
And not listening to me  
You've been drinking too much coffee  
Now you have to

Be somewhere  
Go somewhere  
When you're feeling so  
If you ache to take a break  
Then it's time to go

If you need a bathroom break  
Then a break's what you must take  
Concentration will divide  
When your mind's preoccupied

When you know ya gotta go  
There's no way to just say no  
And if you're slow  
The pain will gain and grow  
Then you must go  
Ya gotta go  
Yes, ya gotta go.

# Laughable Lyrics

## 14) Take A Break

If you're feelin' kinda foggy  
And you're growin' mighty groggy  
And you pinch yourself to try to stay awake  
If so many things are murky  
And you're anything but perky  
Oh, well then, my friend, it's time to take a break

Is your concentration hazy?  
Well, it ain't because you're lazy  
If you're in a daze mistakes are what you'll make  
So then when your eyes get droopy  
And your thinkin's sorta soupy  
Just recoup, regroup, don't poop out  
Take a break!

Break, break, break  
Oh, take a break, break, break etc.

If your brain is gettin' blurry  
And your speech is gettin' slurry  
And you worry 'cause your tushie starts to ache  
Then it's time to go and stand up  
Don't be timid! Put your hand up  
And demand that someone plan to take a break

Oh your cognitive condition  
Will affect your intuition  
You'll be wishin' intermission you could take  
If enthusiasm's wanin'  
And determination's drainin'  
Then the trainin's over!  
Time to take a break!

## Laughable Lyrics

### **15) Time To Munch**

It's time to munch a bit of brunch  
A crunchy crunch, a salty scrunch  
A scrumptious bunch of sumptuous punch  
I've got a hunch  
When in a crunch  
It's time to munch!

## Laughable Lyrics

### **16) Hallelujah Lunchtime**

Lunchtime, lunchtime, lunchtime, lunchtime, lunchtime, lunchtime,  
Lunch-time,  
Lunch-time,  
Lunch-time,  
Lunch-time,  
Lunchtime.  
Lunchtime!



## Laughable Lyrics

### 17) The “After Lunchtime” Blues

It's after two  
And lunch is through  
You're feelin' glum  
Completely numb  
And there's a pain  
Inside your brain  
You need a nap  
Or you might snap

While coffee brews  
You wanna snooze  
You've got those  
“Sleepy after eatin' too much lunch you need to lie down”  
Blues

So if you're beat  
And need a treat  
After you eat  
Get off your seat  
Up on your feet  
And feel the heat  
And get your pulse to rise

Take a chance  
Make your advance  
Forget the trance  
Get up and dance  
You'll get a big surprise  
To open your eyes

It's what you choose  
So you can lose  
Those little  
“Sleepy after eatin' too much lunch you need to lie down”  
Blues  
Time to lose those “lie down” blues.

## Laughable Lyrics

### 18) Exercisin'

Stand up and shimmy  
And shake off yer shoes  
Ya need exercisin'  
There's no time to lose

Yer energy's lapsin'  
Ya cain't stay awake  
So before ya collapse  
Take an exercise break

Jiggle yer shoulders  
And wiggle yer toes  
Stretch out yer arms  
Touch yer tongue to yer nose

Blink both yer eyeballs  
And bend both yer knees  
Then reach all around  
And give yerself a squeeze

Check yer reflexes and

Get out and row  
It's surprisingly fun  
And before ya know it  
Exercisin' is done

It's quick and refreshin'  
It's pure energy  
There ain't nothin' to it  
Yes, there ain't nothin' to it  
Just do it and you'll see.

# Laughable Lyrics

## 19) Come In

Come in  
Come in  
Come in  
The break is over  
Please come in

Come in  
Come in  
Come in  
So that the meeting  
Can begin

Come in  
Come in  
Come in  
Oh, please come in  
So that the meeting can begin  
All right already let's begin

Let's begin!

## Laughable Lyrics

### **20) Break's Over**

Finish your coffee  
Drink up your tea  
Polish off the pretzels  
And the pastry

Come back to the meeting  
But before you do  
Put away the candy bar  
Remember where you parked the car

Visit the bathroom  
Shut off your phone  
Turn off your beeper and your PDA

Now that you're done eating  
Won't you come back to the meeting  
'Cause the break we took is over today.

## Laughable Lyrics

### 21) Goodbye

Oh, thank you all for comin' to the meeting today  
And for givin' us a try  
And though we're sad to see that you are goin' away  
We're glad that you stopped by

Hope you found it entertainin'  
And we know that you'll be gainin'  
From the trainin' we supply

We're always glad to share a hey and a hi  
So really, thanks for comin'  
We hope we left you hummin'  
Now it's time to say goodbye

Goodbye!

# Laughable Lyrics

## **22) Laughter**

# Laughable Lyrics

## **23) Applause**

## Laughable Lyrics

### **24) Relax (Bonus Track)**

Tension is my middle name  
Worrying's my favorite game  
Fret and fear's my claim to fame  
Relax  
Relax, relax, relax, relax

Oh, trepidation  
Anxiety  
Hesitation  
Always follow me

Oh, will I falter in a crowd?  
Will I make a gaffe?  
Or maybe laugh too loud?  
Will I be unbowed or get the ax?

Relax  
Relax  
Relax  
Relax.



# Laughable Lyrics

## 25) Excuses (Bonus Track)

Excuses, excuses  
Oh, I've heard excuses  
Excuses, excuses  
So many you see  
Excuses, excuses  
For so many uses  
You've got an excuse  
But don't try it on me

I must admit I've seen it all  
Admissions and abuses  
They'll throw a fit but still they fall  
Magicians and Medusas  
No matter the assignment  
That the trainer introduces  
I've heard a never-ending pile  
Of fabulous excuses.

Excuses, excuses  
Oh, I've heard excuses  
Excuses, excuses  
So many you see  
Excuses, excuses  
For so many uses  
You've got an excuse  
But don't try it on me

Excuses, excuses  
Oh, I've heard excuses  
Excuses, excuses  
So many you see  
Excuses, excuses  
For so many uses  
Elusive excuses  
Exclusive excuses  
You've got an excuse  
But don't try it on me.

## Laughable Lyrics

### 26) I'm Tired (Bonus Track)

I'm tired  
I'm tired  
I'm sorry but I'd like to quit  
I'm tired

I come in late  
I leave too soon  
I goof off in the afternoon  
I've no idea of what I'm doin'  
I'm tired

I'm tired  
I'm tired  
How I wish instead  
The day they said  
"You're hired"  
I'd expired  
I'm tired.