

Take A Breath

(The Self-Reg song)

When I'm not doing fine, I keep this in mind
I can take a breath or two

When I want to feel well, I can be still
I can take a breath or two

Breathing in...Breathing out
Breathing in...Breathing out

When I am still, I can be fine
Breathing in and out (in breath, out breath)

When I'm not doing fine, Keep this in mind
I can sing a song or two

When I want to be well, I can be still
Hum and sing a song or two

La da da, la da da
Mmm mmm hmmm La da da da

When I'm not doing fine, I keep this in mind
I can move my arms around

When I want to be well, I can be still
And I can move my arms around

To change how I feel
I keep this in mind

I can take a breath
I can hum a song

I can move my arms
And feel all right

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