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)

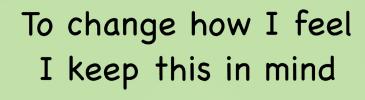
When I'm not doing fine, Keep this in mind I can sing a song or two

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



I can take a breath
I can hum a song

I can move my arms And feel all right

Raffi

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