

# 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

*Raffi*

words & music by Raffi  
©2016 Homeland Publishing  
Artwork by Dayna Litowski  
[www.childhonouring.org](http://www.childhonouring.org)

