



Calming Down

*Give a squeeze, nice and slow.
Take a deep breath, let it go.*

It's so fun to play with you.
It's fun to be silly too.
But when it's time to learn something new,
Let's slow down, we have things to do.

Give a squeeze, nice and slow.
Take a deep breath, let it go.

Being silly is so much fun.
When we dance or run run run!
But when it's time to settle down,
Let's breath in, and let it go.

Give a squeeze, nice and slow.
Take a deep breath, let it go.

It's fun to be silly all around.
When we play around our town.
But when it's time to cross the street,
Slow down and give a squeeze.

Give a squeeze, nice and slow.
Take a deep breath, let it go.