



Take a Deep Breath

(If you feel angry, count to five,
and sing this slow, soothing song,
to help those feelings go away.)

The Committee for Children

(1st verse:)

C G C

Once I knew a vol-can - no _____ who al - most blew its top _____ I

F C D7 G

5

took it_ by the hand _____ and said _____ "Here's how you can stop:

F C G7 C C7

9 (chorus:)

Take a deep breath, _____ count to five, _____ till you feel _____ all calm in - side. _____

F C G7 C

13

Take a deep breath, _____ count to five, _____ till you feel _____ all calm in - side. _____

(2nd verse:)
 When someone makes you angry
 And you don't know what to do
 Just turn around and walk away
 The rest is up to you.

(3rd verse:)
 Talking to your mom
 Or talking to your dad
 Can make you feel much better
 When you're feeling mad.

