THE SELF CONTROL SONG

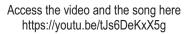


When my body feels too fast or loud, I take a breath and stand up proud. I stretch up high and touch my toes, That helps me feel calm head to toes.

I can wiggle, march, or freeze just right,

I've got self-control, yes I do! I stop and think before I move.

to keep my body calm and light.





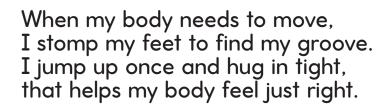


When I feel like shouting loud, I blow out slowly like a cloud. I squeeze my fists and let them go, That helps my strong emotions flow.



I've got self-control, yes I do! I stop and think before I move. I can wiggle, march, or freeze just right, to keep my body calm and light.







I've got self-control, yes I do! I stop and think before I move. I can wiggle, march, or freeze just right, to keep my body calm and light.



When my thoughts are racing fast, I count to five and let it pass. I walk in place or tap each knee, that helps bring back calm to me!



I've got self-control, and that's my power! I use my tools every hour.
With my body, brain, and heart in sync, I stop, I breathe, I move, I think!



