



# THE SELF CONTROL SONG

Access the video and the song here  
<https://youtu.be/tJs6DeKxX5g>



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'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 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.



When my body needs to move,  
I stomp my feet to find my groove.  
I jump up once and hug in tight,  
that helps my body feel just right.

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!

