THE SELF REGULATION SONG

Access the video and the song here https://youtu.be/g1jRfNRQGU/



Body steady, breathing slow. I can focus, here I go. Feet are planted strong and wide. Ready to learn, I feel inside.



Focus, remember, shift with ease. I can be in control of me. I can stop. I can start. I can calm my mind and heart.

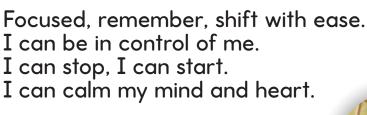


When I hear stop, my body is still. I wait a moment, I can use my will. When I hear start, I move with care. I can control myself anywhere.



Focus, remember, shift with ease. I can be in control of me. I can stop, I can start. I can calm my mind and heart.

I can listen I can wait.
Remember the rules to help me do great.
Follow directions 1, 2, 3
that helps me be the best I can be.





Plans can change, that's okay. I can shift and find new ways. Turn to the left then to the right. I can adapt and feel all right.



Focus, remember, shift with ease. I can be in control of me. I can stop. I can start. I can calm my mind and heart.

