

# THE SELF REGULATION SONG

Access the video and the song here <https://youtu.be/q1jRfNRQGUA>



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.



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



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.

