

# The Calm-Down Song

## Lyrics

When your **heart** is all a-flutter  
And you're panting like a **dog**  
When your **legs are feeling shaky**  
And your mind is in a fog

## CHORUS

It's time to  
Put your **hand on your tummy**  
Say "Calm down"  
Take a **deep breath**  
And count out loud—1, 2, 3, 4  
Feel yourself calm down

When you've just been **scared** by something  
There's **aching** in your tummy  
When you're really **sad** or worried  
And your **body's** feeling crummy

## CHORUS

When you're bursting with **excitement**  
And you're **spinning** like a top  
When you've had a **disappointment**  
And your special plan went **flop**

## CHORUS

Music by Dennis Westphall