

# Attitude Check

## Narwhals & Waterfalls

Cmaj7 Fmaj7 G  
Let's get our attitudes in check  
Am7 D7 G G7  
Before we take it too far and overreact  
Cmaj7 A7 Dm  
Let's breathe in deep and then breathe out  
F G7 C  
And think first before we act out  
Cmaj7 Fmaj7 G  
Talk to someone about what's wrong  
Am7 D7 G G7  
Don't keep it inside for too long  
Cmaj7 A7 Dm  
Express your feelings and problems  
F G7 C  
And let others help you solve em'  
Dm  
It's ok to be mad,  
Am Bhalfdim Em  
It's ok to be frustrated, tired and sad  
Em C G  
These feelings come and go like waves  
Dm  
Just take a deep breath  
Am Bhalfdim G  
Don't hurt yourself, others, or things around you  
F G C  
It won't always feel this way



# Attitude Check

## Narwhals & Waterfalls

Cmaj7          F          G7          C          G  
Here are some ways to keep our attitudes in check  
Dm  
Deep breathing  
C  
Take a drink of water  
G7  
Count to 10  
Cmaj7  
Take a walk  
Dm  
Imagine your favorite place  
C  
Stretch your body  
G7                          A7  
Sing your favorite song in your head

Dm  
It's ok to be mad  
Am      Bhalfdim          Em  
It's ok to be frustrated, tired and sad  
Em C      G  
These feelings come and go like waves  
Dm  
Just take a deep breath  
Am      Bhalfdim          G  
Don't hurt yourself, others, or things around you  
F G C  
It won't always feel this way  
C                  F          G  
Let's get our attitudes in check  
C                  F          G  
Let's get our attitudes in check  
C                  F          Em7  
Let's get our attitudes in check  
F G C  
It won't always feel this way

