

# The Breathing Song

## Narwhals & Waterfalls

CMaj7

Do you ever feel mad or afraid?

G7

And you wanna say something mean?

CMaj7

I'm gonna show you something that you can try

G7

All you gotta do is breathe

Chorus 1:

CMaj7

Like a butterfly (inhale), open your wings

G7

Like a butterfly (exhale), close your wings

CMaj7

Like a crocodile (inhale), open your jaw

G7

Like a crocodile (exhale), close your jaw

Verse 2:

Do you ever feel sad or upset?

And you want to hurt someone?

Instead of doing that, listen to me

All you gotta do is breathe

Chorus 2:

Like a dolphin (inhale), jump out of the sea

Like a dolphin (exhale), dive into the sea

Like a pufferfish (inhale), tummy puffs out

Like a pufferfish (exhale), tummy sinks down



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Verse 3:

Now that we know what to do  
When you're feeling sad or upset  
Let's try them all together now  
And find the one we like best

Inhale

Exhale

