

# Attitude Check

Words and Music by  
Narwhals & Waterfalls

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Vocals

Let's get our at-ti-tudes in check be-fore we take it too  
far and ov-er-re-act. Let's breathe in deep and then breathe out,  
and think first be-fore we act out. Talk to some-  
one a-bout what's wrong. Don't keep it in-side for too  
long. Ex-press your feel-ings and pro-blems, and let o-thers  
help you solve them. It's o-kay to be mad. It's o-kay to be  
fru-stra-ted, ti-red, and sad. These feel-ings come and go like  
waves. Take a deep breath. Don't hurt your-self, o-thers, or things a-  
round you. It won't al-ways feel this way. Here are some  
ways to keep our at-ti-tudes in check: deep breath-ing,



**C** (61) **G7** **Cmaj7**

take a drink of wa - ter, count to ten, take a walk,

**(65)** **Dm** **C** (69)

i - ma - gine your favor - ite place, stretch your bo - dy, sing your

**G7** **A7** (73) **Dm**

favor - ite song in your head. It's o - kay to be mad. It's o - kay to be

**Am** (77) B half dim **Em** **C**

fru - stra - ted, ti - red, and sad. These feel - ings come and go like

**(81) G** **Dm** **Am** (85) B half dim7

waves. Take a deep breath. Don't hurt your - self, o - thers, or things a -

**G** **F** (89) G **C**

round you. It won't al - ways feel this way. Let's get our

**(93) F** **G** **C** (97) F **G**

at - ti - tudes in check. Let's get our at - ti - tudes in check.

**C** (101) F **Em7** **F**

Let's get our at - ti - tudes in check. It won't al - ways feel

**(105) G** **C**

this way.

