

Flip Your Lid

Words and Music by
Narwhals & Waterfalls

Vocals

① G D G

Have you heard of the a - ma - zing brain? It does so

⑤ D G

much for us e - very day. Our brains con - trol how we

D G ⑨ D G

think and feel, so wave your hands in the air and let's get real. Now

D G D

wig - gle your thumb a - round where the a - myg - da la is found.

⑬ G D

It's where our feel - ings speak real loud. If it takes

Em A ⑰ D 4 G

ov - er then it's hard to calm down. **Spoken Part* Be care - ful not to

D G ⑲ D G

flip your lid, but if you al - rea - dy did you can

D G D G

breathe in deep, find some calm and peace, then choose the

⑳ A D G

best way to work it all out. Have you heard of the a -

D G ㉓ D G

ma - zing brain? It does so much for us e - very day. Our brains con -



trol how we think and feel, so wave your hands in the air and

let's get real. Wave your hands in the air and let's get real.

**Spoken Part*

G
 Now if you cover your thumb with your fingers now
 D
 They make the prefrontal cortex which helps us out
 G
 With concentration, self-control, and problem solvin'
 D
 So we can pause, respond, and keep on, being awesome.

