

# Stop and Take a Breath

## Narwhals & Waterfalls

Chorus

C F G C  
Stop and take a breath, I said stop and take a breath

G F C  
Do you feel overwhelmed? Not sure what to do?  
Sometimes it's hard to tell 'til you take a breath or two!

F C  
Open your arms like a star and take a deep breath in  
Let 'em float to your sides and breathe it out again

Chorus

G F C  
You might feel sad or scared, not sure what to do next  
I tell you what I know breathing works the best

F C  
Now breathe in, brave and strong, just like a lion  
Now breathe out, give a roar and try it all again

Chorus

C F G  
Dance, dance, dance around, then stop and breath  
Jump, jump, jump around, then stop and breath  
Spin, spin, spin around, then stop and breath  
Shake, shake, shake around, then stop and breath

