

Stop and Take a Breath

Words and Music by
Narwhals & Waterfalls

Vocals

4 C F G 9 C

Stop and take a breath, I said stop and take a breath.

F G 13 C

Stop and take a breath, I said stop and take a breath. Do

G F 17 C

you feel o-ver-whelmed, not sure what to do? Some-

G F 21 C

times it's hard to tell 'til you take a breath or two.

F 25 C

O-pen your arms like a star and take a deep breath in.

F 29 C

Let 'em float to your sides and breathe it out a-gain.

33 F G C

Stop and take a breath, I said stop and take a breath. Stop and

37 F G C G

take a breath, I said stop and take a breath. You might feel sad or scared,

41 F C G 45

not sure what to do next. I'll tell you what I know

F C 49 F

breath-thing works the best! Now breathe in, brave and strong,



C (53) F

just like a li- on. Now breathe out, give a roar and

C (57) F G

try it all a- gain. Stop and take a breath, I said stop and take a breath.

(61) F G (65) C

Stop and take a breath, I said stop and take a breath.

(69) F G C

Dance, dance, dance a- round then stop and breathe. Jump, jump,

(73) F G C (77)

jump a- round then stop and breathe. Spin, spin, spin a- round then

F G C (81) F G

stop and breathe. Shake, shake, shake a- round then stop and breathe.

C (85) F G C

Stop and take a breath, I said stop and take a breath. Stop and

(89) F G C F G (93) C

take a breath, I said stop and take a breath. Stop and take a breath.

