The Calm-Down Song

Lyrics

When your heart is all a-flutter
And you’re panting like a dog
When your legs are feeling shaky
And your mind is in a fog

CHORUS

It’s time to
Put your hand on your tummy
Say “Calm down”
Take a deep breath
And count out loud—1, 2, 3, 4
Feel yourself calm down

When you’ve just been scared by something
There’s aching in your tummy
When you’re really sad or worried
And your body’s feeling crummy

Music by Dennis Westphall

Sign language illustrated instructions on pages 2–3
Verse 1

heart
Trace a “heart” on left upper chest with middle fingers.

dog
Snap fingers, then pat right thigh with RH twice.

legs are feeling shaky
Shake legs.

Chorus

hand on your tummy
Place hand on tummy.

say “Calm down”
Say “Calm down” in time with song.

deep breath
Take a deep belly breath.

count out loud
Count out loud in time with song.

Verse 2

scared
Open 5 both hands, palms in, tips facing. Move back and forth several times, as if shaking in fright.

ache
One shape both hands, palms in, tips facing. Move back and forth toward one another. (Sometimes make with H handshapes.)

sad
Five shape both hands, palms in, fingers slightly curved, LH a little below RH. Hold in front of face and drop slowly.

body
Open B shape both hands, palms in, tips facing. Pat chest, then stomach.
Verse 3

**excitement**
Five shape both hands, palms in. Alternately brush tips of middle fingers upward on chest.

**spin**
Place right index finger, palm down, over left index finger. Rotate fingers quickly.

**disappointment**
Place tip of right index on chin.

**flop**
LH open B palm up, tips out. Place tips of right V in left palm then flip forward and out, ending with palm up.
The Calm-Down Song

Verse

1. When your heart is all a-flutter and you're
2. When you've just been scared by something, there's an
3. When you're bursting with excitement and you're

panting like a dog. When your legs are feeling shaky, and your
aching in your tummy. When you're really sad or worried and your
spinning like a top. When you've had a disappointment and your

mind is in a fog, body's feeling crummy. Special plan went flop,

Chorus

hand on your tum-my, (hand on your tum-my) Say, "calm down." (calm down)

Take a big breath. (uh-huh) And count out loud: One Two

Three Four Feel yourself calm down.