

When My Feeling's Very Strong

Tune: "Mary Had a Little Lamb"

Join In and Sing CD Tracks 18–20

Verse 1 (Teach this in Week 14)

**When my feeling's very strong,
Very strong, very strong,
On my tummy go my hands,
And I say "Stop" out loud.**

Verse 2 (Teach this in Week 15)

**My feeling, yes it has a name,
Has a name, has a name,
I say I'm feeling frustrated (hold up Weekly Theme Card 14),
I say the name out loud.**

Verse 3 (Teach this in Week 16)

**Then I take some belly breaths,
Belly breaths, belly breaths,
Then I take some belly breaths,
'Cause breathing calms me down.**

