



Music by Dennis Westphall

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

CHORUS

When you're bursting with excitement
And you're spinning like a top
When you've had a disappointment
And your special plan went flop

CHORUS

Sign language illustrated instructions on pages 2–3



continued on page 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

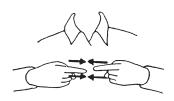
Count out loud in time with song.

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.



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.



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