Calm Down

Take three deep breaths (3 breaths).

Now count to 5:

A7 D 1, 2, 3, 4, 5

G A D G Em A D Now calm down, calm down, calm down.

Take three deep breaths (3 breaths).

A7 1, 2, 3, 4, 5

G A D G Em A D Now calm down, calm down, calm down.

Take three deep breaths (3 breaths).

Now count to 5:

A7 D 1, 2, 3, 4, 5

G A D G Em A D

Now calm down, calm down, calm down.