

PATHS Songs Norfolk



Getting ready for Circle Time

Come and sit down

Hands to you

Listen to each other

Quiet now

This is how we calm down

When you're angry

It can be

Hard to think

So listen carefully

You can do Turtle and a

deep breath now

This is how we calm down

**When playtimes done,
Don't wanna stop
You feel as if you're gonna pop
Your heart is beating, face is red
Can't slow down or clear your
head**

**Stop now, Calm down
Deep breath Deep breath**

**When your day has been the
worst**

Feel as if you just might burst

Stomach churns,

Heart beats fast

How long is this gonna last?

Stop now, Calm down

Deep breath Deep breath

Say your feeling, show the card

Say what's wrong

– it might be hard!

You can choose how you behave

Being calm just saves the day

Stop now, Calm down

Deep breath Deep breath

**You might guess this plan's real
cool**

You can use at home and school

Just remember what to do

Stop, calm down – it's up to you!

Stop now, Calm down

Deep breath Deep breath

**Red is the signal
That you need to stop
Learn how to calm down
Before you reach the top
Tell us your problem
And how you feel right now
Traffic lights will help us, red and
amber, green**

**Amber is the thinking light
It gives you space and time
What can you do
To make your life just fine?
Think of your choices
As many as you can**

**Traffic lights will help us, red and
amber, green**

**When you see the green light
Then the time has come
Pick a solution
It's time to choose just one
Take a deep breath
And give your plan a go**

**Traffic lights will help us, red and
amber, green**



For more details please contact:

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