Sometimes the monster that’s inside you
Is a monster that is mad
It’s a monster who is angry
It’s a monster who feels bad.
When your monster wants to throw things
And your monster wants to shout
There’s a way to calm your monster and chill your inner monster out.

Your mad monster may appear at any time and any place
And that mad monster will make you make a mad monster face.
He makes you want to push he makes you want to shove
There’s a way to calm that monster bring out the monster love!

Feel your belly go out and in and in and out
That’s what belly breathing is all about!
Feel your belly go in and out and out and in
And now I feel like myself again!
Belly breathe gonna breathe right through it
Belly breathe this is how you do it
Belly breathe gonna breathe right through it
Belly breathe this is how you do it.

Feel your belly go out and in and in and out
And you start to calm down without a doubt
Feel your belly go in and out and out and in
Now Elmo feels like himself again.

Belly breathe gonna breathe right through it
Belly breathe this is how you do it.
Ba ba breathe belly belly
Ba ba ba ba breathe belly belly breathe.

Belly breathe gonna breathe right through it
Belly breathe this is how you do it.
Ba ba breathe belly belly
Ba ba ba ba breathe belly belly breathe.