



Belly Breathe Lyrics by Common & Colbie Caillat

Watch it on YouTube: https://www.youtube.com/watch?v=_mZbzDOpylA

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.

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.

Put your hands on your tummy now you're
ready to begin
Put your hands on your belly and you
slowly breathe in.

Ba ba breathe belly belly
Ba ba ba ba breathe belly belly breathe.

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.

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!

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
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 belly breathe Belly belly breathe
Everybody just breathe!



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