

# Big Slow Breath

Sing along with Hootenhollow

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## CHORUS

Big slow breath, big slow breath,  
Smell the flower, nice and slow,  
Blow the dandelion seeds,  
Whoo! And watch them go, go, go!

## VERSE 1

When I'm grumpy, hot and red,  
Take a big slow breath instead!  
Squeeze my hands so tight, tight, tight! (tight, tight!)  
Let them go and feel all right!

## CHORUS

Big slow breath, big slow breath,  
Smell the flower, nice and slow,  
Blow the dandelion seeds,  
Whoo! And watch them go, go, go!

## VERSE 2

Hands on tummy, one, two, three,  
Big balloon, now look at me! (look at me!)  
Let it out, three, two, one,  
Soft and floppy, just for fun!

### CHORUS

Big slow breath, big slow breath,  
Smell the flower, nice and slow,  
Blow the dandelion seeds,  
Whoo! And watch them go, go, go!

### BRIDGE - SLOWER

Close your eyes and breathe with me,  
Still and quiet as can be,  
Hug yourself and rock, rock, rock, (rock, rock!)  
Gentle as a tick-tock clock.

### CHORUS

Big slow breath, big slow breath,  
Smell the flower, nice and slow,  
Blow the dandelion seeds,  
Whoo! And watch them go, go, go!

### OUTRO

Big slow breath, and now I smile,  
Let's go play a little while!