Take a Breath

Sesame Street

Take a breath
Take a breath
Smell a smell
Sniff a sniff
And take a breath
You can move your feet to walk
And you use your tongue to talk
But your mouth and nose are waiting
Take a breathTake a breath
Take a breath
Smell a smell
Sniff a sniff
And take a breath
You can move your teeth to chew
But your face is turning blue
Get some air inside of you
Just take a breathYou never think of breathing
Though you do it all day long
You even have to breathe
To sing this funny little song
You've got to take a breath
Before you try to blow a bubble
And if you stop your breathing
You've got big big trouble!
So take a good deep breath
(breathing sound)
That's betterTake a breath
Take a breath
Smell a smell
Sniff a sniff
And take a breath
There are many ways to play
But you're growing every day
And you need some ventilation
Take a breath
You've got to do your breathing
Take a breath
(breathing sound)
Take a breath!

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