**Mad, Sad, Worried**

**Tapp’in to Happy!**

***To the tune of “If You’re Happy and you Know it”***

Even though I feel mad, I love myself **Karate Chop**

Even though I feel mad, I accept myself **Karate Chop**

Even though I feel so mad, I deeply love & accept myself. **Karate Chop**

Even though I feel mad, I accept myself **Karate Chop**

***To the tune of “do re me fa so la ti do”***

I feel mad, I feel so mad **(Tap head)**

And I don’t know what to do **(Tap inner eyebrows)**

It is bubbling inside of me **(Tap side of eyes)**

And it feels like sticky glue **(Tap under eyes)**

I can choose to let it go **(Tap under nose)**

My thoughts are MINE, I can say NO! **(Tap chin)**

I choose peace instead of this **(Tap collarbone)**

And it leaves me now, I know, know know know

**(Tap under armpits)**

I am peace and I am love **(Tap head)**

Ah…that feels much better now

**(Tap inner eyebrows)**

I can choose this calm instead **(Tap side of eyes)**

And now I think I know just how **(Tap under eyes)**

So, I choose to take deep breaths **(Tap under nose)**

And I give my body rest **(Tap chip)**

I am whole and I’m complete **(Tap collarbone)**

And if not, I can repeat, peat peat peat.

**(Tap under armpits)**

(Substitute words as appropriate)

