Stop and think
Take a breath
Check your feelings before you act.
Stop and think
Don't hurt a friend
Stop and think if you get mad.

Once at lunch someone bumped me
Dropped my tray
I was steamed
Stopped and took a real deep breath
Next thing I know she helped out

Stop and think
Take a breath
Check your feelings before you act
Stop and think
Don't hurt a friend
Stop and think if you get mad

Every day of your life
You can choose to make things right
If you stop and think
Instead of getting mad
You'll feel better, you won't feel sad

Stop and think
Take a breath
Check your feelings before you act
Stop and think
Don't hurt a friend
Stop and think if you get mad

When my team lost the game
I was angry as could be
My friend said, Stop!
She smiled at me
Stop and think just let things be.

Stop and think
Take a breath
Check your feelings before you act
Stop and think
Don't hurt a friend
Stop and think if you get mad

Lyrics by David Levine