

## I Get Through



Sometimes my brain gets jumbled  
Find it hard to cope  
I build up my walls  
But there's no time to mope  
Here's some of the things I do  
To get through

Cycling and stroke a pet  
I take a walk or make some slime  
Sometimes I just want to be alone

Football games and jumping high  
Build a den, go for a drive  
Take deep breaths I can beat this test

One more thing that helps when I'm struggling  
Yes one more thing that helps when I'm struggling  
Is to dance and sing!

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Tell some jokes or count to ten  
Go on my iPad build a den  
Working out or having a cold drink

Painting pictures screaming loud  
Have bath don't make a sound  
Watching movies rocking back and forth

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## Chords

Chorus: C D G Em C D G

Verse: D C

Bridge: A G A G A D

## Things to consider:

- If live accompaniment is not possible, there is a full backing track available.
- This song is very easy to tailor to the group you are working with. Please do feel free to alter lyrics, especially using participant's own calming strategies.
- The song lends itself to simple choreography, becoming an effective action song.
- Can the participants create their own movements to represent the different strategies?
- Consider crossing the midline whilst dancing to this song as an extra challenge for participants!