

the decider

ASK THE DECIDER!

What do you do with The FIZZ that you feel
When you feel so FIZZED you could POP?

I can STOPP when I want to
I can STOPP when I wish.
I can ASK the DECIDER
I can do it like this...

I can name the emotion,
It will pass, Right now,
Use opposite action, values, listen
That's how!

Ask fact or opinion
With respect, crystal clear
Self-care and reflect skills
Every day all the year

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Ask the Decider Ask the Decider Ask the Decider (repeated in the
background)

Music composed and performed by: Josh Cottam

Words by: Michelle Ayres