

THE MAGIC MOMENT TRICK



When you're scared
or feeling sad,
a little bit angry,
a little bit mad,
just slow down and
start to breathe
in and out

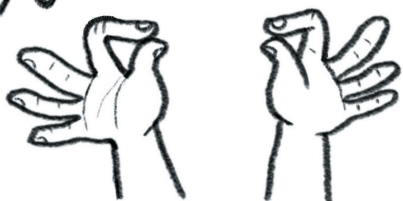
1...2...3...



ten times with ease,
think of something
that makes you smile
and hold that thought
for a little while,
then squeeze your fingers
really tight
and your magic moment
will shine so bright!



SQUEEZE



NIALL BRESLIN & SHEENA DEMPSEY

