```
Breathe in, tell your children
They will be safe from harm
Breathe out
Tell yourself
There's no reason for alarm
The more you give
The less you have to carry
The more you lead
The less you have to follow
The more you give
The less you have to carry
The more you lead
The less you have to follow
The more you give
The less you have to carry
The more you lead
The less you have to follow
```