

Oh the Places You'll Go with Self-Reg



*Congratulations! You're on your Self-Reg way
IQ's are just Stress Tests that should hold no sway
You have brains in head, and feet in your shoes
It's all up to you, the pace that you choose.
Your backpack is yours to have and to hold
Let's lighten that load so new patterns unfold
The chemical soup in your brain and mine
Is under such scrutiny; a new paradigm
It is what it is, and we know what we know
Stress overload will lead us to blow!
Step back and think twice, as your needs dictate
The brakes that you use to help regulate
The ECE's role cannot be forgot
the importance & constancy isn't for naught
You're safe in their care, they don't miss a beat
Their caring compassion can be your retreat
They'll help you along to stand your own
With practice and practice you'll surely have grown
Self-Reg is the way we do what we do
With all that you'll learn it's soon up to you!*

