

I Am Slowly Going Crazy

(Tune: Reuben, Reuben, I've Been Thinking)

I am slowly going crazy, (Cross right ankle on left knee. Place right
elbow on right knee and place chin on palm.)

1, 2, 3, 4, 5, 6, switch. (Cross left ankle on right knee and place
chin on left palm.)

Crazy going slowly am I, 6, 5, 4, 3, 2, 1, switch.

Continue singing faster and faster.

Activities: This is a great activity to relieve stress and make you smile!

Let the children make fiddle sticks by tying a 20" piece of string to a craft stick. When they are
anxious they can take out their fiddle stick and wind and unwind the string.

Brainstorm other things you can do when you feel like you're going crazy!

Make a class book of "Things That Drive Us Crazy!"