

# Songs

## Lyrics



## S.T.A.R. Song

IT STARTS IN THE HEART

Lyrics: Dr. Becky Bailey & Jack Hartmann

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### Verse

When you're feeling really angry  
No matter where you are  
There's a way to feel better  
There's a way to be a star  
With this one thing to remember  
You'll stop anger in its tracks

### Chorus

Just stop, take a deep breath and relax  
Just stop, take a deep breath and relax  
Just stop, take a deep breath and relax

**Repeat 1st Verse**

**Repeat Chorus**

