

# Hammerhead, Mad's Not Bad

My Hammerhead shark,  
you're so lively and strong.  
You know just what you want,  
and those feelings aren't wrong.

You swim fast through life.  
You let your heart lead.  
You were born with the gift  
to see your own needs.

I love that your will  
can be stronger than mine.  
Don't hide it from others,  
let it grow, let it shine!

Keep your tenderness and  
your strong spirit near.  
Though we might face some waves,  
I welcome you here.

Even at times  
when you see me get mad,  
know it's not about you,  
you could never be bad.

All of our feelings  
and the things that we learn  
are important in helping us  
know our concerns.

Mad is a feeling that says,  
"Something's not right!"  
It's trying to make sure  
you always shine bright.

You can care for mad feelings,  
when you stop and check in,  
to learn what's underneath,  
and where to begin.

Are you sad? Are you scared?  
Is something not fair?  
What do you need  
to help you catch some air?

Try taking deep breaths,  
through your gills or your nose.  
Then breathe out real long  
so everything slows.

Keep it up, Hammerhead,  
'til you feel more serene.  
Then share with me  
what your mad really means.

It's okay to say  
when you're feeling upset.  
We all have our needs.  
I want yours to be met.

We all feel mad sometimes, like we're lost out at sea,  
but we still love each other. You're always precious to me.

Repeat after me, listen close as you say  
these words to remind you feeling mad is okay.

I can be mad  
and let my feelings show.  
I will always be loved  
in my heart, I know.