

## I'm a Little Butterfly song

### Sing as a Round

...bringing in each new group every two measures. This works whether you have just a couple in your group or a classroom.

[Download MP3](#)

### With Breathing Instruction

This version includes interactive breathing instruction. This is a fun way to introduce the fundamentals of our Breathing Butterfly stress reduction techniques.

[Download MP3](#)

### Sheet Music

We are happy to offer the sheet music to you on the next page. Please contact us with any further questions or suggestions!



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## Garden in my Soul (includes American Sign Language)

### Sing with your friends!

This song is easy to learn and fun to make your own!

[Download MP3](#)

### Get the Sheet Music

We are happy to offer the sheet music to you. Please contact us with any further questions or suggestions!

<https://www.scoreexchange.com/scores/148077.html>



Do you like American Sign Language? We have a video with Garden in my Soul in ASL

<https://www.youtube.com/watch?v=vVhWZI1IPCg>

## I'm a Little Butterfly

Sing as a round, bringing in each new group every two measures

Words and Music by  
Lauren Speeth



**C**  
I'm a lit - tle but - ter - fly breath - ing,

**F G C**  
3 eas - y as 1 - 2 - 3.

**C F G C**  
5 Flap your wings and land on me.