

COUNT DOWN TO CALM

Counting down to a calm mind
and body, one number at a time.





I shake my hands high,
I shake my hands low.
I go real fast,
And then go slow.



I reach up high,
I touch the sky.
My arms go low,
My movement slow.

I turn around.
I touch the ground.
I find a spot,
Where I can stop.





I breathe in through my nose,
And out it goes.
My body feels it from
My head to my toes.

Seated here,
On the ground,
A safe, quiet place
Is what I have found.





I place my hands
Palms to knees.
Nice and calm
is how I'll be.