

Calm and Ready to Learn

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Take a Deep Breath: Breathe in slowly, then let it out gently.

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Sit Up Tall: Feel your back straight and strong.

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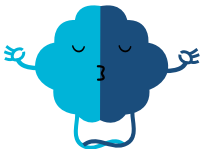
Feet Flat on the Floor: Keep them steady and grounded.

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Hands Resting and Ready: Rest them calmly on desk.

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Brain Focused: Bring your attention to the task ahead.

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Thinking Calm Thoughts: Picture peace and readiness in your mind.

Play the music video here

