

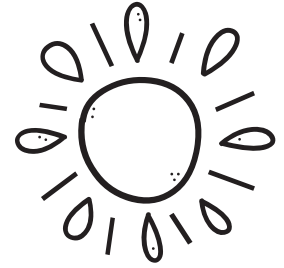
# Spring Calm Down Poem

<https://youtu.be/JCkSQejePiY?si=Vv4OmFm44b700kHH>

The sun peeks through, the sky shines bright.  
A whispering breeze, soft and light.  
Feel the warmth upon your skin,  
Let the peaceful breath begin.



Breathe in like flowers in the morning dew.  
Breathe out, let the worries drift from you.  
Close your eyes, feel the air slow and free,  
Springtime calm, just breathe with me.



A bird hums low, a river sings.  
Listen close, hear quiet things.  
Fluttering leaves, a floating cloud.  
Find your stillness, soft and proud.



Breathe in like flowers in the morning dew.  
Breathe out, let the worries drift from you.  
Close your eyes, feel the air slow and free,  
Springtime calm, just breathe with me.



Stretch your arms like branches tall.  
Sway like petals, don't rush at all.  
Feel your heartbeat, slow and true.  
Springtime's peace is here for you.

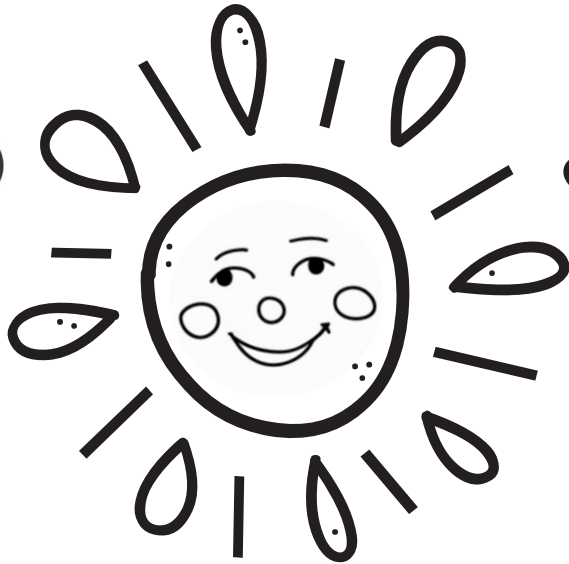
Tiptoe soft across the grass.  
Let the moment gently pass.  
Take your time, just pause and see.  
Springtime calm will set you free.



Breathe in like flowers in the morning dew.  
Breathe out, let the worries drift from you.  
Close your eyes, feel the air slow and free.  
Springtime calm, just breathe with me.



PEACEFUL



SPRING