

TIME TO SETTLE DOWN SONG

Access the video and the song here <https://youtu.be/qYKe55LclY8>



We ran, we played, we laughed out loud,
We chased the wind, we spun around.
Now we're back, it's quiet time,
Let's breathe together, you and I.



Breathe in slow... 1-2-3,
Breathe out soft... like a breeze.
Hands are still, feet on the ground,
Hearts are calm, we settle down.



Wiggle your fingers, now let them rest,
Put both hands on your chest.
Feel your breath go in and out,
That's what being calm's about.



Let your legs feel soft and still,
Feet are flat and strong with will.
Feel the ground beneath your shoes,
Like quiet roots that gently move.



Breathe in slow... 1-2-3,
Breathe out soft... like a breeze.
Hands are still, feet on the ground,
Hearts are calm, we settle down.



Eyes can look, ears can hear,
Voices soft so all can share.
Our bodies slow, our minds are clear,
We are ready — we are here.



Breathe in slow... 1-2-3,
Breathe out soft... like a breeze.
Hands are still, feet on the ground,
Hearts are calm, we settle down.

