

# Take A Deep Breath



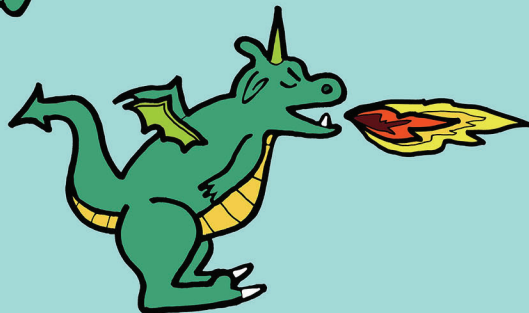
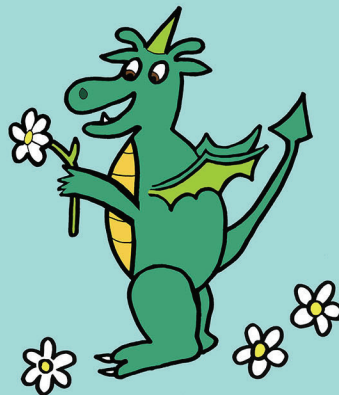
There are times in our lives,  
When we feel scared or stressed,  
Like when we're at school,  
Trying to do our best.  
We need some quiet time,  
To reset our mind,  
To relax and slow down,  
Feel our body unwind.

*Take a deep breath,  
Breathe in through your nose,  
Then let it all go,  
See how your busy mind slows.*



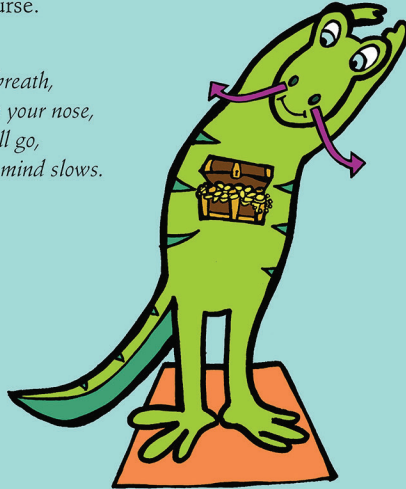
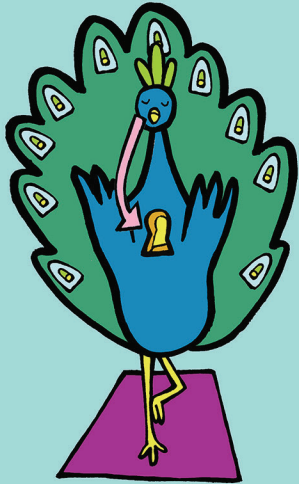
Sometimes you're angry,  
At what somebody said,  
Or maybe it was you,  
Who made someone see red.  
But leave the past way behind,  
Right now is the place,  
To stay still and calm,  
And be in your own space.

*Take a deep breath,  
Breathe in through your nose,  
Then let it all go,  
See how your busy mind slows.*



Standing or sitting,  
Even while eating a meal,  
Or when falling asleep,  
In fact, whenever you feel!  
It's like treasure inside you,  
This breath of yours,  
Always around,  
But hidden of course.

*Take a deep breath,  
Breathe in through your nose,  
Then let it all go,  
See how your busy mind slows.*



Now you've taken three breaths,  
How do you feel?  
Has your brain stopped buzzing  
Does the world feel more real?  
It's a wonderful tool,  
To have right there inside,  
To lead you to calmness,  
So let your breath be your guide.

1 2 3

