

Today:

Notice your Breath    Breathe In and Hold    Let it Out

Notice Your Mouth    Release Your Jaw    And Smile

Now Back to your Breath    Breathe In and Hold    Let it Out

Release Your Shoulders and let Your Arms Hang at your Side

Now Back to your Breath    Breathe In and Hold    Let it Out

Now Look Around . . .

How Many Colors Can You See                      Name Them

How Many Sounds Can You Hear                      Name Them

Close Your Eyes and Breathe In                      Let It Out

YOU ARE SAFE

YOU ARE WELL

YOU ARE LOVED

We Miss You!