

# Quiet Time

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## **[Verse 1]**

When recess is through  
One thing we must do  
Is put down our heads  
And count to ten  
Resting our eyes  
And grounding our feet  
Calming our breath  
We always repeat

## **[Verse 2]**

In through our nose  
One, two, three, four  
Out through our mouths  
One, two, three, four  
In through our nose  
And out through our mouths  
Nice and slow  
Nice and slow

## **[Verse 3]**

We've worked very hard  
We need to recharge  
We're calming our brains  
So they will not drain  
We're ready to learn  
Our bodies are calm  
A quiet time ends  
And we gather with friends

## **[Verses 1, 2, & 3 Repeated]**

