

Quiet Time

[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

Watch & Sing Along →

[Verses 1, 2, & 3 Repeated]

