

BRAIN BOOGIE BOOSTERS

The Learning Station®

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SONG TITLES

1. Boogie Rock
2. Brain Boogie Boosters
3. Greetings
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5. Watch Me Listen
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7. You Are Heart
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CD 1700

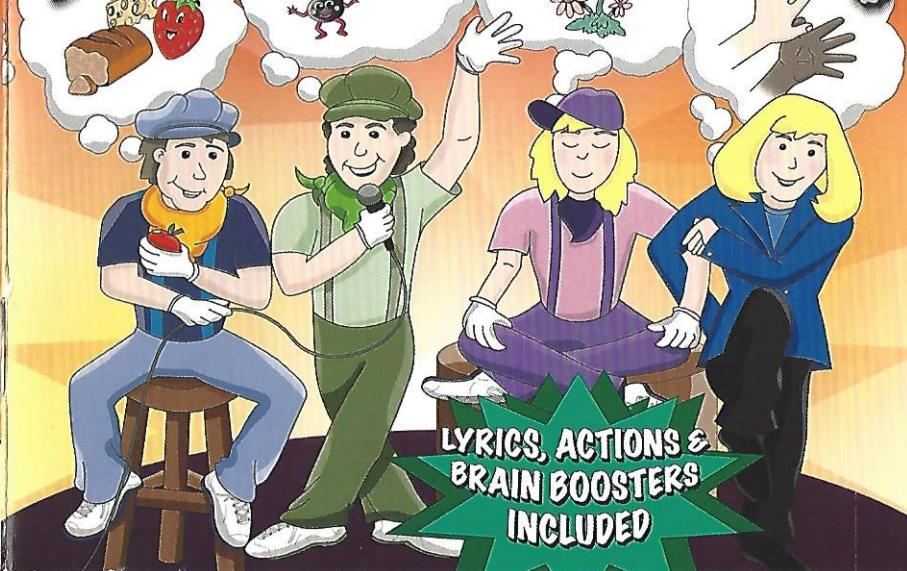
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The Learning Station

& Dr. Becky Bailey

BRAIN BOOGIE BOOSTERS



LYRICS, ACTIONS &
BRAIN BOOSTERS
INCLUDED

1) BOOGIE ROCK 2:43

Physical activity can prevent depression and learned helplessness by acting on the serotonin circuits.
Get up and move!

Everyone sing the first verse in unison. During the Chorus touch your head, your feet, then shake, shout and rock to the beat. Follow the directions in each verse and keep doing that same movement throughout the Refrains.

Emotional states are called "action sets" because they prepare us to act in certain ways. When we feel good on the inside, we learn better and act better on the outside. Let's Boogie!

Blues, blues go away. We want to sing and dance today.
Blues, blues go away. Brain Boogie Boosters are here to stay.

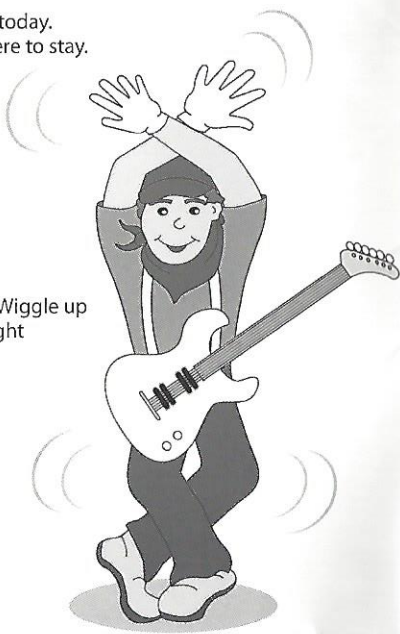
[Chorus] Get the brain boogie rockin' beat
From your head, down to your feet.
Everybody wiggle, shake and shout. yea
That's what this boogie song is all about.

Hold your arms up way high.
Cross your hands up in the sky.
Cross your ankles, bend your knees,
Wiggle down to the beat.

[Refrain] Wiggle down-Wiggle up-Wiggle down-Wiggle up
Shake it left-Shake it right-Shake it left-Shake it right
We clap to the beat. We step with our feet.
Brain boogie rockin' is really neat.

[Repeat Chorus]
Left hand to right toe, right hand to left toe
Twice as fast, now touch and go
Left and right, to and fro
[Repeat Refrain]

[Repeat Chorus]
Hold your arms down by your sides.
Jump up and down but not too high.



Cross your arms behind your back. Now, jump just like a jumping jack.
[Repeat Refrain]

2) BRAIN BOOGIE BOOSTERS 3:07

The position that you are initially directed to be in is the ultimate daily Brain Booster. You will be directed to get in that same position even after you find a friend to do it with. Back to back and side to side makes it fun. Stand still, rest and breathe at the end.

The brain is designed to allow most learning to disappear from memory. We must provide children with fun brain breaks. A good brain booster motto is "too much, too fast, won't last!"

[Refrain] Fold your left arm across your chest. Fold the other one that's left.
With your pointer and your thumbs, Pinch your ear lobes, squeeze them some.
Slowly squat down with your knees and while you're bending, in you breathe.
Stand back up and out you breathe. Now let's all pick up the speed.

Brain Boogie Boosters, now find a friend, hop to it.
Get side to side, we'll do it. Brain Boogie Boosters,
We'll help each other through it. This is how we do it.
[Repeat Refrain]

Brain Boogie Boosters, now find a friend hop to it.
Get back to back, we'll do it. Brain Boogie Boosters,
We'll help each other through it. This is how we do it.
[Repeat Refrain]

Brain Boogie Boosters do it again.
Down - up (2x) This is how we do it.
Brain Boogie Boosters do it again.
Down - up (2x) This is how we do it.

It's time now to rest where you stand,
Breathing in real slow and then we'll let it go.
It's time now to let go of the worries.
We're not in any hurry, so breathe. (Breathing sound)



3) GREETINGS 2:40

Follow the directions of the song and sing with joy.

Our connections with others affect our biology, health and learning. Greet each other daily. It helps your immune and cardiovascular system, and wires your brain for impulse control.

[Refrain] There is something fun we can do when we meet.
Some are silly, some are proper ways to greet.

Stand up tall, find a friend, and stick out your right hand.
Firmly shake and look them in the eye...

[Chorus] Turn your head from side to side,
Give a silly, almost proper sideways, HI!
Good morning! Buenos Dias! What's up? It's a great day.
I'm thankful to be with you.
Good morning! Buenos Dias! What's up?
I'm happy to (feel this way).- 3x

[Repeat Refrain]
Close your hand with your knuckles facing at a friend.
Now you both tap knuckles as you smile....

[Repeat Chorus]

[Repeat Refrain]
Right hand, to a friend's right hand, then lock your thumbs.
Flutter up and do the butterfly...

[Repeat Chorus]



4) MOVE AND FREEZE 3:05

Follow the directions in the song.

Stop and Go songs stimulate the frontal lobes of the brain. The frontal lobes allow us to set and achieve goals, and have impulse control and empathy for others. Move and Freeze helps you achieve!

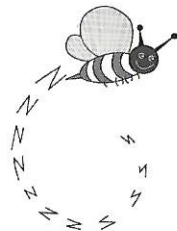
C'mon, move and freeze. C'mon, move and freeze.
C'mon, move and freeze. C'mon, move and freeze.

Put your right hand on your left knee,
your left hand on your right.
Your knees move in and out.
Your hands stay tight.
Now keep on with your moving
but switch hands on your knees.
Keep on moving in and out till we say freeze.
C'mon, move and freeze. C'mon, move and freeze.
C'mon, move and freeze. C'mon, move and freeze.

Put one hand across your shoulder
one hand across your back.
Now jump in place. Do you like it like that?
Now switch hands across your shoulders
and switch hands across your back.
Now just be nimble, just be quick, just like Jack.
C'mon, jump and freeze. C'mon, jump and freeze.
C'mon, jump and freeze. C'mon, jump and freeze.

Everybody shake your body from your head down to your feet.
And don't stop shaking until we stop the beat.
Shake it to the east and shake it to the west.
Shake it, shake it, shake it with my friends who are the best.
C'mon, shake and freeze. C'mon, shake and freeze.
C'mon, shake and freeze. C'mon, shake and freeze.

Put your right hand on your head, your left on someone's knee.
Now turn once in a circle and buzz like a bee.
Now turn the other way, don't let go or lose your spot.
Keep turning left, keep turning right until the music stops.
C'mon, turn and freeze. C'mon, turn and freeze.
C'mon, turn and freeze. C'mon, turn and freeze.
"Alright, you can move now."



5) WATCH ME LISTEN 2:50

Transition to a circle, sitting quiet and ready to listen. The first line of each verse is a directive or question to which the listener confirms success. During each Chorus, (hand jive) with someone nearest you.

Dopamine, the pleasure neurotransmitter, is released when we are successful. Watch their joy of learning ignite as children master the clapping sequence in this song!

Come to the circle, put your hands on your head.
I can do that - just like this. It's as easy as can be 1-2-3.
We have our hands on our heads you see.

Come to the circle, walking safely with a friend.
I can do that - just like this. It's as easy as can be 1-2-3.
Walking safely with a friend and me.

[Chorus]: Watch me listen, watch me pay attention.
Watch my cool clapping game invention.
(hand jive) Right-right, left-left, both-both, knees-knees
Right-left, left-right, three high fives please.

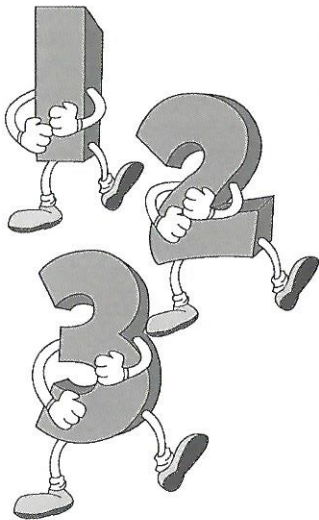
Crisscross your body, get your heart rate up.
I can do that - just like this. It's as easy as can be 1-2-3.
My heart rate's up and I crossed my body.

[Repeat Chorus]

Can you huddle and agree to be safe?
I can do that - just like this. It's as easy as can be 1-2-3.
We'll keep it safe and we all agree.

[Repeat Chorus]

Can you sit down, hands in your lap?
I can do that - just like this. It's as easy as can be 1-2-3.
We're sitting down quiet as can be.
We're sitting down quiet, quiet as can be.
Ready to listen, just look at me!



6) CALM YOUR BRAIN 3:11

Follow the directions to become calm and learn to count to four in four languages. The Pretzel is done by crossing one ankle over the other. Then stretch out both arms in front of you, clap and miss so your arms are crossed. Now rotate your wrists so your thumbs are facing down and your palms are facing each other. Interlock your fingers with your palms together. Pull your hands in toward your body and rest them on your chest. Finally, place your tongue on the roof of your mouth. You did it! This complex balanced position turns off the stress response and brings the mind/body into coherence.

A stressed person has elevated cortisol levels, which actually kills brain cells in the hippocampus. The hippocampus is the part of the brain that allows us to make long-term memories from what we learn. Calm your brain or lose your keys!

[Refrain] Four ways to calm my brain, bug crazy mad is just too insane
Four ways to soothe my stress, caterpillar calm stops the mess

Let's count in English, the four I adore- One, Two, Three, Four

[Chorus] Follow me. Do what I do.

S.T.A.R. - Smile, Take a deep breath, And Relax

DRAIN - Drain off tension so you can think

BALLOON - Air to your brain helps that's a fact

PRETZEL - Cross your body, (it puts you in sync)-3x

[Repeat Refrain]

Let's count in Spanish, the four I adore- Uno, Dos, Tres, Quatro
And many more!

[Repeat Chorus]

[Repeat Refrain]

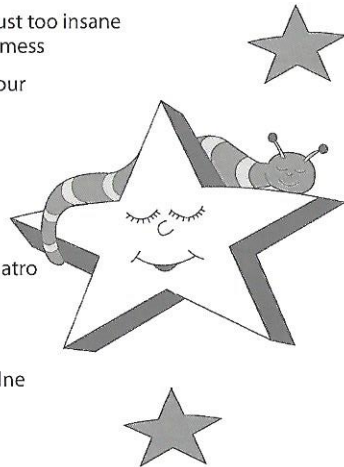
Let's count in Swahili, the four I adore- Moja, Mbili, Tatu, Nne
And more!

[Repeat Chorus]

[Repeat Refrain]

Let's count in Japanese, the four I adore- Ichi, Ni, San, Shi
And many more!

[Repeat Chorus]



7) YOU ARE HEART 2:31

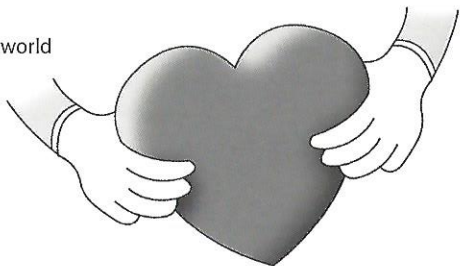
Sing together. Point for "you," open arms for "we," point your thumb to yourself for "I." Use motions to depict "heart," "hands" and voice.

The brain is literally governed by the heart. When we feel appreciation, we are generating the most optimal state for learning. We also become a voice of kindness!

You are heart. You are hands.
You are the voice of kindness.
And who you are, and all you do
[Refrain] Is a gift to the world. Gift to the world
Is a gift to the world.

We are heart. We are hands.
We are the voice of kindness.
And who we are, and what we do
[Repeat Refrain]

I am heart. I am hands.
I am the voice of kindness.
And who I am, and what I do
[Repeat Refrain] [Repeat 2nd verse and Refrain]



8) WADLEE ATCHA 2:33

Follow the directions in the song in time with the beat. Movements are in italic print.

The more we access both brain hemispheres, the more intelligently we function. Crossing the midline of the body activates both hemispheres in a balanced way. Crisscross to integrate and activate!

Slap your knees (2x) and clap your hands (2x) - That's a wadlee atcha.
Snap your right hand, (2x) then your left (2x)- That's a wadlee atcha.
Grab your nose with your right hand, then grab your right ear with your left,
Grab your nose with your left hand then grab your left ear with your right -
That's a dood-ly doo, dood-ly doo.

Wadlee atcha,
(slap knees 2x, clap hands 2x)
Wadlee atcha,
(snap fingers with right hand 2x, snap fingers with left hand 2x)
Dood-ly doo, dood-ly doo,
(nose-right hand, right ear-left hand, then switch)
It's a simple little song, there's not much to it.
(slap, clap, snap-snap, repeat)
All you gotta do is dood-ly do it. (slap, clap, snap-snap, grab nose, grab nose)
I like the rest, but the part I like the best, (slap, clap, snap-snap, repeat)
Is dood-ly do-ing it faster! (slap, clap, snap-snap, grab nose, grab nose)

[Repeat all, 2x going faster each time.]

Dood-ly doo-in' it!

9) ITSY DITSY SPIDER 2:43

Slow, fast, faster, touch your pointer fingers to your thumbs by yourself and then use your one hand combined with a friend's hand while you are side to side, then switch sides.

Working together with a partner adds social complexity, which primes new learning and enhances the rate that the brain adds new cells. Two spiders are better than one!

Here's a song about a spider you should know.
It's the Itsy Bitsy Spider's younger bro.
Itsy Ditsy is his name. Silly movements is his game.
But we'll start with Itsy Ditsy Spider, slow.

[Refrain] The Itsy Ditsy Spider went up the water spout.
(it went up, it went up)
Down came the rain and washed that spider out.
(it came down, it came down)
Out came the sun and dried up all the rain.
(it came out, it came out)



Then the Itsy Ditsy Spider went up that spout again. (it went up, it went up)
The Itsy Ditsy Spider got wet.

Stand side to side. Lock elbows with a friend. Now use your other hands and we'll pretend.
Join spider thumbs and fingers. Move up and down – Humdinger!
In spider position till the end. **[Repeat Refrain]**

Now switch sides and elbows with your friend.
Now use your other hands and we'll pretend.
Join spider thumbs and fingers.
Move up and down – Humdinger!
In spider position till the end. **[Repeat Refrain]**

10) PEACE LIKE A RIVER 2:01

Movement integrates and anchors new information and experiences into our neural networks. Use sign language with this song and anchor peace in your life!

I've got peace like a river. I've got peace like a river.
Peace like a river in my soul. (2x)
I've got love like an ocean. I've got love like an ocean.
Love like an ocean in my soul. (2x)
I've got joy like a fountain. I've got joy like a fountain.
Joy like a fountain in my soul. (2x)

This little light of mine, I'm gonna let it shine. (3x)
Let it shine. Let it shine. Let it shine.

My light shines with peace. Your light shines with peace.
We've got peace like a river in our souls.
My light shines with love. Your light shines with love.
We've got peace like a river in our souls. (2x)



11) SKIP COUNT 2:18

Skip, march and jump while counting to 30 by 2's. After each, breathe and cheer.

The simple act of setting a goal such as skip counting to thirty changes a child's brain chemistry. Give a child a goal and a problem to solve, and be amazed with what is possible!

What we're doing is over. It's time for something new.
We shift our focus from here to there,
Safe hands and feet to show we care.

[Refrain]: Get down and dirty. Skip count by two to thirty.
We move with fun. Go! Get it done.
2,4,6,8,10,12,14,16,18,20,22,24,26,28,30

[Chorus]: Just Breathe. We did it. We're all here
So give a tiny soft cheer, yea.
A teensy weensy soft cheer, yea.
And now let's do a silent cheer.....

Repeat Refrain and replace skip with march; jump
And **Repeat Chorus** after each

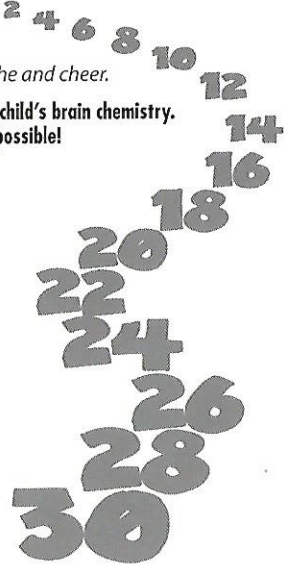
12) I GOTTA GO 2:47

Encourage children to learn the repetition and sequence of GO, FLUSH, WASH, TOSS.

The brain is pattern-seeking. When we find the pattern, we feel safe. Singing helps children find the pattern so they can create an internal mental model of appropriate behavior. Go, Flush, Wash, Toss!

[Refrain]: I gotta go. I'm going to the rest room, gotta do something.
I gotta go. I'm going there full but I'll leave with nothing.
I gotta go. Now I'm in the restroom, I flush my business.
I gotta go. I wash my hands and I never leave a mess.

Going to the restroom, I'm going all alone.
Going to the restroom, just like I do at home.



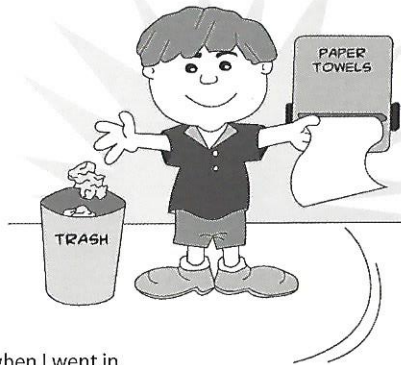
Going to the restroom,
I'm hurrying up gotta get there quick.
Going to the restroom,
I'll be real fast cuz I learned the tricks.
GO, FLUSH, WASH, TOSS (2x)

[Repeat Refrain]

Now I'm in the restroom.
It's gonna take time but not too much.
Now I'm in the restroom.
I feel real fine and I always flush.
Now I'm in the restroom.
When I'm done I wash my hands.
Now I'm in the restroom.
Paper towels go in the garbage can.
GO, FLUSH, WASH, TOSS (2x)

[Repeat Refrain]

Leaving the restroom, it's just as clean as when I went in.
I'm leaving the restroom. Soon I'll be with friends again.
Leaving the restroom, I'm shiny clean and I'm back real quick.
I'm done in the restroom. I feel real proud cuz I learned the tricks.
GO, FLUSH, WASH, TOSS (2x) "I did it!"



13) NUTRITION PYRAMID 3:33

Directions are contained in the song.

A surplus of sugar activates the pancreas to release insulin to stop the excess sugar from damaging the brain. Too much insulin creates poor concentration, anxiety, headaches and lethargy. Eat right to think right!

Let's build a food pyramid just right. Grains, veggies, fruits and meat are out of sight.
Nutritious foods keep us healthy and strong and powers our bodies all day long.
We can dance, sing, work and play with energy that lasts all day.
Here's a little game we'll play to help us get it right in every way.
Listen careful to what I shout. Healthy food choice is what this game's about.

Grain group foods are really neat.
Carbohydrate energy, it's what we need to play, learn and sleep.
Say, whole wheat, say bagel, say rye and rice.
Say spaghetti, macaroni, variety is nice.

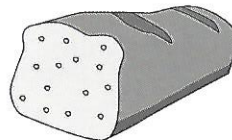
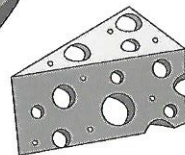
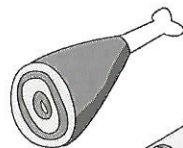
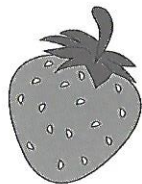
Veggie groups give A and C.
Those are vitamins that help us fight disease.
Say carrots, say broccoli, lettuce and peas.
Say green beans, corn, more cauliflower please!

Fruit groups have most of vitamin C,
To help our body heal our cuts with ease!
Say apples, say oranges, bananas and grapes.
Say strawberries, say kiwi, papaya is great!

Milk group's calcium builds bones and teeth.
It keeps our bones real strong from our head down to our feet.
Say yogurt, say milk, cheddar and Swiss.
Say ice cream, say pudding pops, milk shake bliss!

Meat group foods help make our muscles strong,
And energizes us the whole day long.
Say beef, say pork, chicken and fish.
Say beans, say eggs, a yummy dish!

Put these groups together, eat healthy every day.
Your body will thank you in each and every way! **[Repeat]**



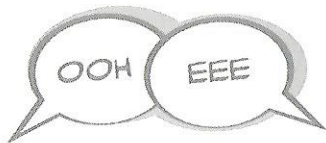
14) BRAIN GAME 2:40

Directions are contained in the song.

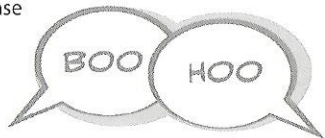
Choosing to selectively attend to specific commands increases the brain's ability to block out distractions. Pay attention and see!

Now it's time to work your brain. Concentration is the game.
Warm it up – Spin around; Warm it up – boogie down
Warm it up – Cross legs please; Warm it up – breathe and freeze

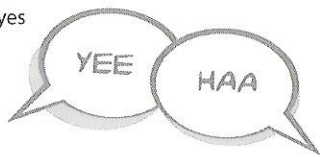
When I say OOH - You say EEE
OOH - EEE OOH - EEE
When I say WOW - You say WEE
WOW - WEE WOW - WEE
Are you ready for the brain game? Ready!



Now it's time to work your brain. Concentration is the game.
Warm it up - Connect your elbows; Warm it up - Connect your toes
Warm it up - Connect your knees; Warm it up - hold it please
When I say BOO - You say HOO
BOO - HOO BOO - HOO
When I say CHOO - You say it too
CHOO - CHOO CHOO - CHOO
Are you ready for the brain game? Ready!



Now it's time to work your brain. Gonna be off the hook and off the chain!
Warm it up - Cross arms; Warm it up - Cross your thighs
Warm it up - Cross your thumbs; Warm it up - Cross your eyes
When I say YEE - You say HAA
YEE - HAA YEE - HAA
When I say YA - You say HOO
YA - HOO YA - HOO
Are you ready for the brain game? Ready!



OOH - EEE WOW - WEE BOO - HOO CHOO - CHOO YEE - HAA YA - HOO

[Repeat all above]

Brain Game, Brain Game

15) BRAIN BREAKS 3:23

Sing the choruses. For "Rev it up to activate" raise your arms up, for "Bring it down to negotiate" bring your hands towards the floor. For "Cross it left," your left arm and leg cross your midline to your right side, then switch for "Cross it right." Be calm at the end.

Do a figure 8 by training your eyes on your moving thumb as it draws an infinity sign an elbow's length from your face. Hold your head still, cross your midline, and get ready to read!

[Chorus]: Brain breaks, got to take them now and then.
Brain breaks, we take them on a whim.
Brain breaks, give our mind a rest.
Brain breaks, so we can be our best.

Rev it up to activate. Bring it down to negotiate.
Cross it left, and cross it right.
Because it works both day and night.
Crisscross, it makes my brain a better boss. (2x)

[Repeat Chorus]

Rev it up to activate. Bring it down to negotiate. With my arms I make a figure 8.
This helps my brain communicate. Figure 8's, learning's great with figure 8's. (2x)

[Repeat Chorus]

Rev it up to activate. Bring it down to negotiate. Feet apart, hands on your knees.
Cross your shoulders, helps fatigue. Spinal twist, it goes like this, spinal twist. (2x)

[Repeat Chorus]

Rev it up to activate. Bring it down to negotiate. Rub your ears, unfold the flaps.
Listening, becomes a snap. Rub your ears. It helps us hear the music. Rub your ears. (2x)

Time now to get back on task. Wave to a friend, this feeling can last.
Find your seat, or sit where you are. Slowly, calmly, be a star.



16) FRIENDS CONNECT 2:56

As the children are lead to the circle, they should join hands, sway and sing.

Human connections shape neural connections in the brain. Connection through eye contact and touch in a playful situation wires our brain for impulse control and willingness. With friends, our own growth is exponential.

I'm just standing by my lonesome.
When I'm alone well, I'm just one.
All by myself, is pretty awesome.
But when you're here it's twice the fun.

Let's bring the two of us together.
Please hold my hand when you're with me.
When we are two, we're friends forever.
We have each others company.

[Refrain]:

Our number's doubled in size.
We'll help each other stay wise.
We'll show each other respect.
And never forget the way that friends connect.

Now our two becomes a foursome.
We're twice as many as before.
With all of us it's even more fun.
We'll form a circle on the floor.

[Repeat Refrain]

Now our four plus four becomes eight.
We're holding hands around the room.
With all of us this really is great.
There will be more of us real soon.

[Repeat Refrain] with "growing in size"

Now our eight becomes a big crowd.
It's like we all are family.
Together we are all proud.
We're all as proud as we could be.

It's so much fun to be with you.
Our number's growing in size.
It makes the fun more fun to do.
We'll help each other stay wise.
It's so much fun to be with you.
We'll show each other respect.
It makes the fun more fun to do.



17) TEAM OF TWO 2:04

Get close and face a partner. Follow the lyrics. Touch your right hand to your partner's right hand, your left hand to your partner's left hand, etc. Point, etc; during the Refrain.

Having fun produces high levels of dopamine. Dopamine says, "Yahoo! Pay attention this is going to be fun!" It gives us love of learning that we can share with a partner. When you feel better, you think better!

I'm excited. I'm with you,
Co-operating as a team of two.
Right hand, right hand, Left hand, too.
Right foot, right foot, Left foot, too.

[Refrain]: You will show me. I will show you.
Let's clap two. Let's stamp two.

Hands on your shoulders, stand straight as you can.
Now, touch elbows instead of your hands.
Right elbow, right elbow, Left elbow, too.
Both elbows, both elbows, Here's looking at you.

[Repeat Refrain]

Hands on your shoulders, stand straight as you can.
Now, touch knees instead of your hands.
Right knee, right knee, Left knee, too.
Both knees, both knees. Here's looking at you.

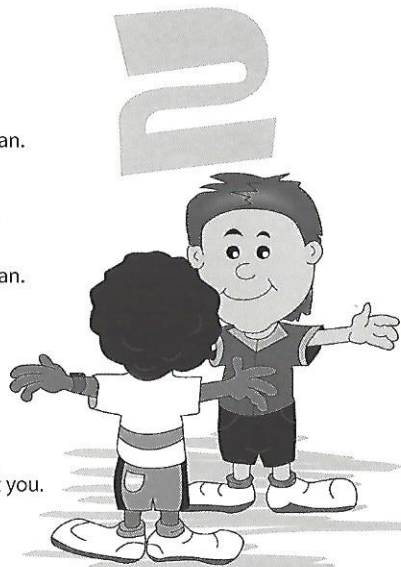
[Repeat Refrain]

Hands by your sides, stand straight as you can.
Now, touch shoulders instead of your hands.
Right shoulder, right shoulder, Left shoulder, too.
Both shoulders, both shoulders, Here's looking at you.

[Repeat Refrain]

We're excited. We're enthused,
Co-operating as a team of two.
Right hand, right hand, Left hand, too.
Right foot, right foot, Left foot, too.

[Repeat Refrain]



18) IT'S A MARVELOUS DAY 3:18

Position - Sukhasana "Sitting cross legged, (a.k.a. crisscross applesauce) keep your spine straight and allow your knees to gently lower. As you relax your knees sing...."

Celebrating our marvelous day releases dopamine and creates a state of joy. From this state, we are more accepting of each other and ourselves. We are all in this together!

[Chorus]:

It's a marvelous day we all agree.
Waving our arms so joyfully.
Celebrating everything and everybody.
A radiant flower shines inside me.

With my eyes I see the beauty around us.
With my ears I hear the wondrous sounds.

[Refrain]:

It's so glorious to feel so wonderfully.
Sunshine happy, butterfly free.
Celebrating everything in all we see.
Lighting up the world with all of me.

With my nose I breathe the clean fresh air.
With my lips I smile without a care.

[Repeat Chorus]

With my hands I touch the world around me.
With my heart I share all my love.

[Repeat Refrain]

With my arms I hug myself with glee.
With my mouth I sing my song like a dove.

[Repeat Chorus]

Wishing you well, etc.



19) SAFE AND CALM 3:08

Being at peace, breathing, and feeling calm and relaxed requires the CEO of the brain (the frontal lobes) to quiet the rest of the brain. Strengthening the frontal lobes improves our ability to pay attention and be engaged.

Lie down or sit in a comfortable position.

Slowly close your eyes.

Let your arms gently relax by your side or in your lap.

Notice your breath flowing in and out.

Each breath says, I am safe and I am calm.

I am safe and I am calm.

Slowly, place your hands on your belly.

Breathe in, have your belly go out.

Breathe out, have your belly go in.

Breathe in, have your belly go out.

Breathe out, have your belly go in.

Breathe in, have your belly go out. I'm safe.

Breathe out, have your belly go in.

I'm calm and full of love.

Relax your feet. Feel them melt.

Relax your legs. Feel them melt.

Thank your legs for their gifts.

Relax your arms. Feel them melt.

Relax your hands. Feel them melt.

Thank your hands for their gifts.

Breathe in, have your belly go out. I'm safe.

Breathe out, have your belly go in. I'm calm and full of love.

Relax your face. Feel it melt. Relax your eyes. Feel them melt.

Thank your eyes for their gifts. Gently and slowly open your eyes.

Feel the peace down in your soul. You are a gift to the world.

Offer that gift to others.

