Moments of Peace Script

You can feel this peacefulness at the top of your head, down your shoulders and arms, all the way to your fingertips.

Each deep breath in your belly lets you know you are safe and strong.

Your legs, feet, all the way down to your toes fill with quiet peace.

When we practice together we get stronger and kinder and we can help each other.

If you see a friend who is angry or worried, you can breathe with them.
If they are sad or too excited, you can breathe with them.

If you are frustrated or hurt, deep breaths bring more oxygen to your brain and you can make good decisions.

You can use these breaths on the bus, in a store, with your baby brother or sister. You always have the choice to be the peaceful one.

These breaths are always with you.

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