

Sleepytime rhymes

There once lived a creature up in the snow,
who always thought ahead, and was always on the go.

The creature was called Yeti
and there was a reason she got her name.
Yeti always asked questions,
and her demands were always the same.

Are we done yet?
Is it time yet?
Things are moving too slow.
I can't wait around, let's go, go, go!

Food just flew in her mouth, she didn't care to taste.
She didn't notice the wind, blowing in her face.
The things on her mind were all up ahead,
and she couldn't remember the things teachers said.

Her friends and her parents didn't know what to do.
She couldn't slow down. She was always on the move.
Suddenly it seemed that she had lost her control.
She liked to have fun, but this wasn't her goal.

Things needed to change but how could she start?
Then came the answer straight from her heart.
"You need to slow down and start paying attention
to what you are feeling with all of your senses."

Look with your eyes, what do you see?
Pick something to look at, and focus now please.
Look at it closely and focus your attention.
Notice its color, its shape, and all its dimensions.
Notice what you hear, maybe you missed it before.
Like the wind in the trees or the creaks in the floor.
Take a moment to focus and hear,
Concentrate really hard, then sounds become clear.

Yeti practiced paying attention to her senses and she found,
Her mind felt slower, and her body calmed down.
Thinking what's next, and making a plan,
is a fine thing to do, unless it gets out of hand.

Repeat after me, let's remind Yeti what to do.
Let's make her feel better and maybe you too!

I am here in the now. (child repeats)
I am calm and still. (child repeats)
I notice things around me. (child repeats)
And I am present and chill. (child repeats)

