

Yeti

Focuses on Her Senses

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,
stop and then hear.
Concentrate really hard
then the sound becomes clear.

Yeti practiced paying attention
to her senses and 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, here's what Yeti can do,
to help her slow down and maybe you, too!

I slow down and am calm.

I sit very still.

I take deep breaths,
relax and chill.