

slumberkins®

Yeti Greets the World

Yeti, my darling,
I love and adore
how eager you are
to learn and explore.

I learn from you
as you stop and you slow
to feel all your feelings
and let them all flow.

When you notice the world
in every which way,
you can learn many things
and join in the play.

I love how you look
and reach out to see
that new shiny thing:
Just what could it be?

I love how you touch
and feel things to learn,
and then pass them to me
to give me a turn.

We can smell the fresh air
and notice the breeze
when we go out together
to connect with the trees.

Your curious mind
keeps you moving around,
but I'll follow you
as we explore all the sounds.

You want to keep growing
and take the next step,
even when you're frustrated
and can't do it just yet.

Remember, my love,
that all things have their pace.
We can enjoy this moment,
we don't have to race.

No matter what steps
you can or can't do,
I'll always be there
to love and help you.

Slowing things down
at the end of the day
can bring up big feelings
about wanting to play.

But remember, my love,
there's more to do.
As the day goes on,
we can explore something new.

With my heart open
and my mind open too,
I explore the world,
I am present with you.

What do you taste
when you try a meal?
And when we sway side to side,
just what do you feel?

You can breathe in and out
as you know how to do,
and I'll tell you a story
that's all about you.

And when it is time
for your body to rest,
we'll head off to bed
to your own cozy nest.

You may notice your body
get heavy and slow.
You may drift off to dreamland
and let your imagination go.

There are many things
you can notice and feel.
You can trust your own senses
and know that they're real.

I'll love you forever,
my sweet Yeti dear.
I'm present with you
and I'm glad you are here.

Slumberkins supports caregivers, educators, and children in building a foundation of social-emotional wellness. Check out more resources at [slumberkins.com](https://www.slumberkins.com)

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