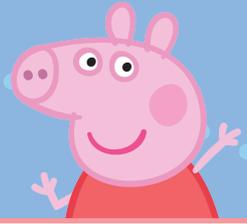


# Hello Body



Hello body, how are you?

“I’m feeling yuck, what should I do?”

Breathe in slowly, 1, 2, 3.

Breathe in deeply, just like me.

Hold it, hold it, now let it go.

Let the breath go, nice and slow.

Hello body, how are you?

“I’m feeling scared, what should I do?”

Breathe in slowly, 1, 2, 3.

Breathe in deeply, just like me.

Hold it, hold it, now let it go.

Let the breath go, nice and slow.



Hello body, how are you?

“I’m feeling mad, what should I do?”

Breathe in slowly, 1, 2, 3.

Breathe in deeply, just like me.

Hold it, hold it, now let it go.

Let the breath go, nice and slow.

Hello body, how are you?

“I’m feeling safe now, thanks to you!”

When my feelings get too strong,

Breathe in, breathe out, breathe deep, breathe long.

Before too long, as you will see,

I will calm down again, clever me!



Save the Children