

The Calming Rhyme

Let your hands go

Clap, clap, clap.

Let your fingers go

Snap, snap, snap.

Let your lips go very round,
But do not make a single sound.

Fold your hands.

Close each eye.

Take a deep breath

(Inhale-Exhale)

And softly sigh.....ahhh

traditional
adapted by Nellie Edge