

Calm

Calm reminds me of the waves
lapping gently on the beach
and when I want to feel calm,
it's never out of reach.

I take a few deep breaths,
in and out, long and slow.
No matter what I'm feeling,
It won't take long to go.

Calm is like a feather,
moving gently in a breeze,
floating, gliding in the sky,
like falling Autumn leaves.

Sounds can make you feel calm,
like singing from the birds.

"Peaceful",
"smooth", "soft",
and "slow"

are calm-sounding words.

Do you want to feel calm?
Take a few deep breaths with me.
Long and slow, let worry go.
Very soon you will feel free.

By Rebecca Bishop

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