

# 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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[Rebeccabishop.org.uk](http://Rebeccabishop.org.uk)

