

Breathe In and Out

Ross said, "If you find yourself chasing your tail, I want you to stop, close your eyes and concentrate on the feeling of the air as it enters your nose and leaves."

As you are breathing, say 'in' for each breath in and 'out' for each breath out. When you count to ten breaths in and ten out, repeat these words:



*"I will not chase my tail today.
I will not chase it any day.
I'll use my time for friends and fun,
to hop and skip and play and run.
I will not waste another day.
I'd rather use my time to play."*