



Song: Breathing In, Breathing Out

VERSE 1

Breathing in, breathing out
Breathing in, breathing out
I am blooming as a flower
I am fresh as the dew
I am solid as a mountain
I am firm as the earth
I am free

VERSE 2

Breathing in, breathing out
Breathing in, breathing out
I am water reflecting
What is real, what is true,
And I feel there is space
Deep inside of me
I am free, I am free, I am free

(Song from Plum Village Buddhist Community, France)

Note for teacher:

Children can do a different movement for each line of the song.