



“Resilient Deer In Winter”
a calming cuties series by here
[HERE](#)



In a forest where the snow gently falls,
Lived some deer, the calmest of all.
"Resilient Deer," they were named,
For their peaceful ways, they were famed.



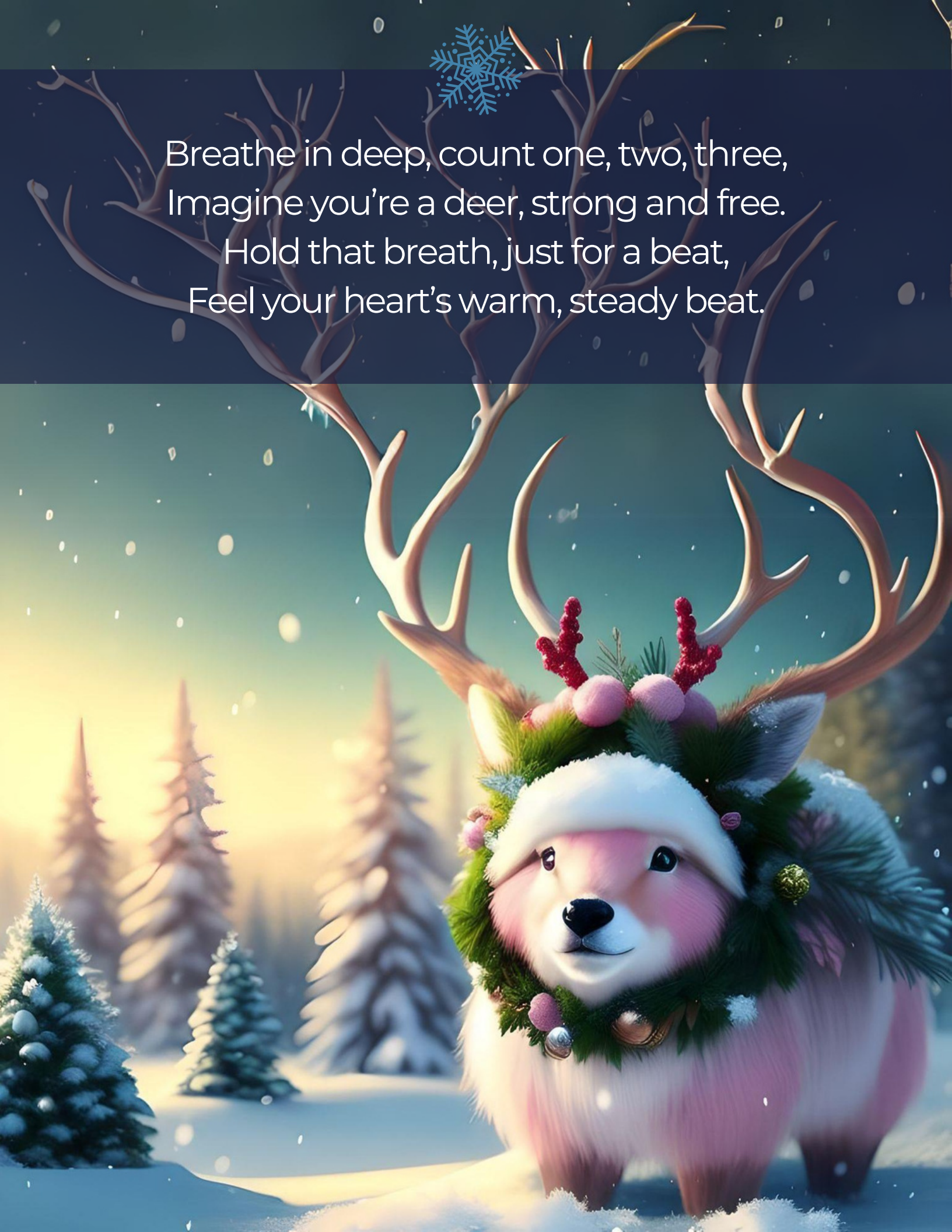


With winter's arrival, crisp and clear,
They shared a secret for all to hear.
"When cold winds blow and snowflakes twirl,
Take a deep breath, let calm unfurl.





Breathe in deep, count one, two, three,
Imagine you're a deer, strong and free.
Hold that breath, just for a beat,
Feel your heart's warm, steady beat.





Now breathe out slow, let your worries cease,
Let it all go, feel the peace.
Like resilient deer with each breath you take,
You'll leap through winter, no need to shake.





For every child, near and far,
The deer remind us of who we are.
With each breath in and out, we find,
Calmness and courage, intertwined.





So when you feel the winter's chill,
Remember the deer, calm and still.

Use your breath, deep and slow,
To leap through winter, all aglow.





the end

MINDFUL MOMENT PROMPT FOR INTRODUCING CALM:

“Remember the deer, calm and still.”

(Then take 3 calming breaths, or your preferred breathing exercise.)



HERE

FEATURED WORD: "AGLOW"

"Aglow" is an adjective used to describe something that is glowing with light or warmth. It can be used literally, to describe something that is physically shining or giving off light, such as a candle or a sunset. In a metaphorical sense, "aglow" can also be used to describe a feeling of warmth, happiness, or well-being. For example, a person's face might be described as "aglow with happiness" when they are feeling particularly joyful or content. In the context of the rhyme, "aglow" suggests a sense of warmth, cheerfulness, and positivity, even amidst the chill of winter.

