



# PS1x THE COURTLANDT SCHOOL

*"A RIGOROUS LEARNING ENVIRONMENT DEDICATED TO DEVELOPING  
CREATIVE, INQUISITIVE, CARING, & SELF-REFLECTIVE LEARNERS"*

**Jorge Perdomo, Principal**

(Speak slowly, calmly)

Please close your eyes

Take a deep breath...in through your nose and out through your mouth

Again, in through your nose and out through your mouth

Please repeat these words after me in your mind...

- May I be happy in my own mind
- May I be healthy in my body
- May I feel at peace with myself
- May I be proactive in my actions

Now think of someone you love very much, it can be a family member, a friend, a teacher

repeat in your mind...

- May he or she be happy in their own mind
- May he or she be healthy in their body
- May he or she feel at peace with themselves
- May he or she be proactive in their actions

Now think of someone you fought with, got angry with, or argued with

repeat in your mind...

- May he or she be happy in their own mind
- May he or she be healthy in their body
- May he or she feel at peace with themselves
- May he or she be proactive in their actions

As you in inhale, breathe in only good energy

As you exhale breathe out all the negative energy

inhale 1,2,3 exhale 1,2,3

inhale 1,2,3 exhale 1,2,3

inhale 1,2,3 exhale 1,2,3

Now open your eyes