



Greater Good in Education  
SCIENCE-BASED PRACTICES FOR KINDER, HAPPIER SCHOOLS

## SLOW ME DOWN

Slow me down  
Ease the pounding of my heart  
by the quieting of my mind.

Steady my hurried pace  
with a vision of the eternal march of time.  
Give me amid the confusion of the day,  
the calmness of the eternal hills.

Break the tension of my nerves and muscles  
with the soothing music of the singing streams  
that live in my memory.  
Help me to know the magical restoring power of sleep.  
Teach me the art of taking MINUTE vacations,  
Of slowing down to look at a flower,  
to chat with a friend, to pat a dog,  
to read a few lines of a good book.

Slow me down  
and inspire me to send my roots  
deep into the soil of life's enduring values  
that I may grow toward the stars of my greater destiny.

*Author: Wilfred A. Peterson*

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