

Mindful Day

by Deborah Hopkinson

Illustrated by Shirley Ng-Benitez

Sounds True
Boulder, CO 80306

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Illustrations © 2020 by Shirley Ng-Benitez

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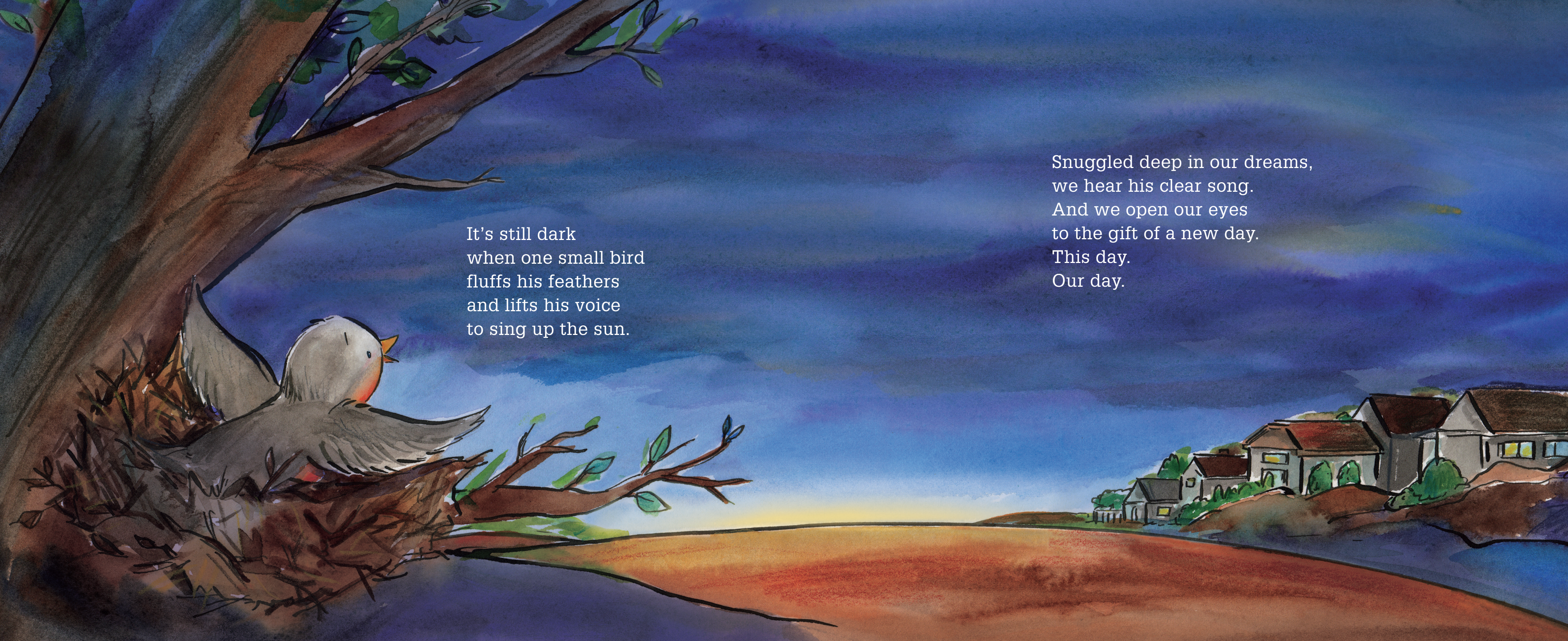
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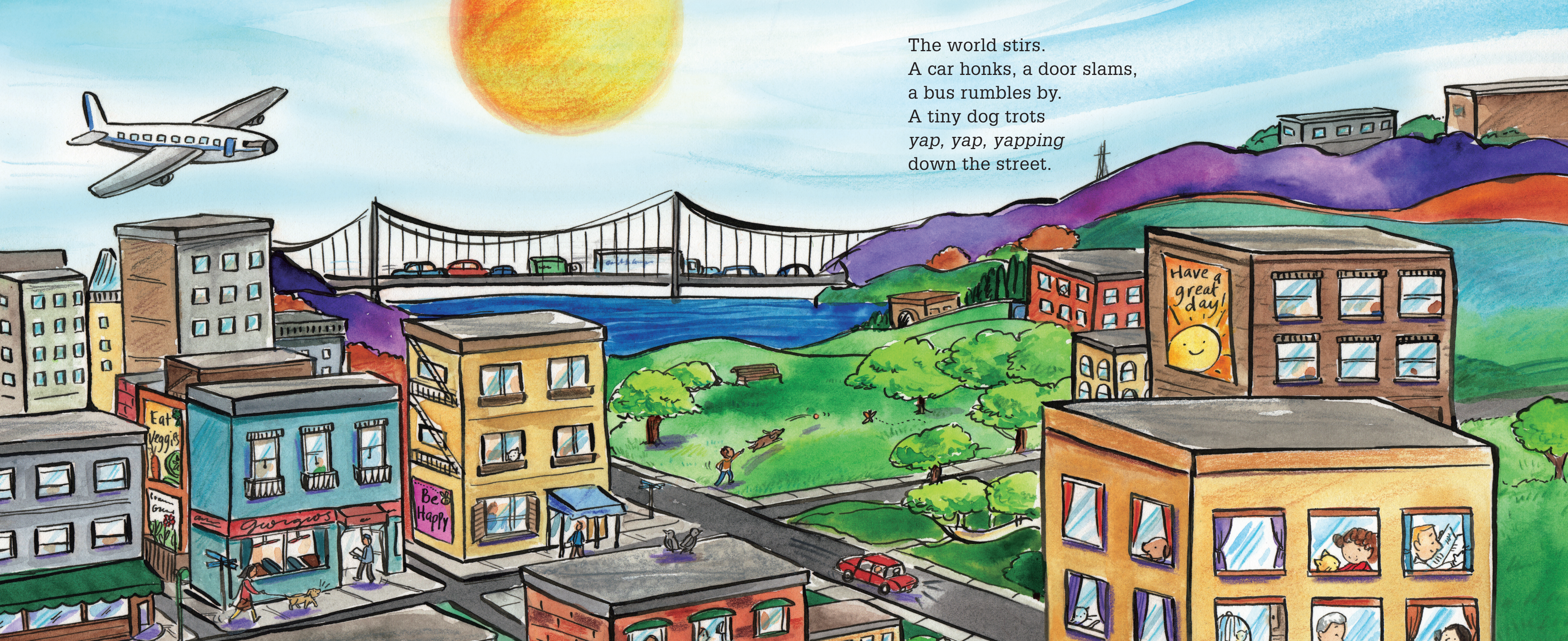


It's still dark
when one small bird
fluffs his feathers
and lifts his voice
to sing up the sun.

Snuggled deep in our dreams,
we hear his clear song.
And we open our eyes
to the gift of a new day.
This day.
Our day.



Together we breathe:
in out,
soft slow.
I look
and listen.
I smile.



The world stirs.
A car honks, a door slams,
a bus rumbles by.
A tiny dog trots
yap, yap, yapping
down the street.