

OUÇA O ÁUDIO E TENTE PREENCHER COM AS PALAVRAS
QUE FALTAM:



Thank you, part 2: "One breath at the time" poem - Riya Sokol

THANK YOU AS WE CANNOT GO OUT. SO WE HAVE TO GO
IN.

... , , ...

Thank you for us how to feel it all.

Yes, we are but we don't run away from it anymore.

WE'RE FACING IT.

AND through it. One breath at the time.

We're how to make in this . And enjoy the most things.
without knowing what tomorrow brings.

In the face of devastating we show up anyway.

and we finally ,

we are now, each of us.

Thank you cause we clearly : it's not the time to .

It's the time to to things we have no influence on.

It's not the time to wrong anyone. its time to LIFT EACH OTHER UP. and appreciate each
other

Thank you as we are so far away from each other now and at the same time- closer than
ever before...

but not
we cannot meet but we connect in and . for those who need it now the
most.

Thank you as we can to only present moment.
Everything else is uncertain.

Thank you for being alive and being able to share our for tomorrow.

We need to
its all there's left.

We need to trust that it will be . It has to be.

and will support us in facing the collective fear and helplessness.
We need to face it, and we still choose in this global process.
And that it will be .

AGORA ASSISTA AO VÍDEO E VEJA O QUE ACERTOU:

TEACHER LU



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Music: "The Human Heart" by Caleb Etheridge