

Quiet Time

Read the story.

Every afternoon before dinner, Hank's father sat quietly in the middle of their living room. He closed his eyes. He breathed in and out. He noticed his thoughts, and then he let them go.



"Why do you do that?" Hank asked his father one evening when they sat down to dinner.

"It makes me feel calm," Hank's father said.

"I would like to try it," Hank said.

Now Hank and his father sit quietly together before dinner every day.

1. What does Hank's father do every day before dinner?
2. Why does he do it?
3. Does Hank like sitting quietly? How do you know?