

Cloud Of Calmness

Objectives

Children continue to practice relaxation techniques. Key words are calm, letting go, open, unique and dream. The child is asked to identify something they are good at.

Script

I can let go and relax.

Sit comfortably with your feet on the floor and your eyes closed. Take three long, deep breaths. (pause) Feel yourself relaxing more and more with each breath. Let the rhythm of the music calm you. Feel your muscles relax and your heart and breathing slow. Say to yourself, "I am calm and relaxed."

In your imagination, look up at the sky. See the word CLOUD floating peacefully before your eyes. Focus on the letter C. C stands for *calm*. Breathe in the fresh air of calmness. Let the air go and relax. Look at the letter L. L stands for *letting go*. Breathe in deeply. Breath out and let go of all the tight muscles in your body. See in your mind the letter O. Breathe in the O and use it to *open* your mind to new thoughts and ideas. Let go of the breath but keep your mind open. Continue to look at the sky and now see the letter U. U is for you and your *uniqueness*. Breathe in and think of something you are good at or would like to be good at as you breath out. Take one more deep breath and repeat one positive thought about yourself. (Pause) Let any tension or bad thoughts go when you exhale. (Pause) The last letter is D. D means *dream*. Dream about a special place.

Breathe quietly and dream of yourself floating on a fluffy cloud. Feel the sun warming and illuminating you. Drift with the breeze. Become any shape you want to. Feel totally relaxed. Now say to yourself three times, "I let go and relax"... (pause) You feel refreshed and light as a summer breeze.

Take a deep breath and return to your room. Open your eyes and stretch. (pause) Take a few moments to appreciate the good feelings that come with relaxation.

Discussion

What did you choose as something you are good at doing? What shape cloud did you become? Why is it helpful to think positive thoughts?

Activities

- Go outside (or look through a window) at the clouds and look for shapes. Make up a story about what you see. As the breeze