

# Rainbow Walking

## Objectives

Children are given the opportunity to practice seeing colors and introduced to the concept of a "special place" where they can return to be relaxed.

*My mind is open and free.*

## Script

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."

Picture yourself standing on a rainbow high in the sky. A cool mist surrounds you. See the color red beneath your feet. In your mind say red then picture a delicious apple. Taste this apple. As you step down to the next ribbon of the rainbow think orange. Picture a bright orange sunset filling the sky. As you step down think yellow. Breathe in the warm yellow light. You are relaxing as you flow down the rainbow. Continue to walk down the rainbow and step to green, feel cool green grass tickle between your toes.

Your next step is blue. Think blue. Listen as cool blue water gurgles all around you. As you take your next step think violet, see rich violet colored flowers growing all around you. You are completely relaxed. All is calm. Now step off the rainbow and into your favorite place.

Think of your favorite place and see it in your mind. It is quiet and peaceful. You are warm and comfortable. Picture this place in your mind and say to your self three times, "**My mind is open and free.**"... (pause) You can return to this peaceful place whenever you want.

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

Describe some characteristics of your special place. Which color of the rainbow is your favorite? What colors help you relax? Colors can affect how we feel. What is a red feeling? Explore other colors this way.

## Activities

- Use watercolors or chalk to draw a rainbow.
- Talk about where you were the last time you saw a rainbow.
- Use a prism to look for the colors of the rainbow.