



# Mindfulness Cloud Relaxation

Our days can be busy, fun and exciting. This is great! To keep our mind and body healthy, it is important to also make time to be still, calm and quiet each day. Time to relax can help us to feel happy.

Go outside, into the garden, or find a window so that you can see the sky. Get yourself comfortable and simply look up at the sky. Really think about what you can see. Just watch, breathing slowly and gently. Feel your body relax as you take time to be still. Now, look carefully at the clouds. What shapes can you see? Take as long as you would like to explore the cloud shapes and, when you feel ready, complete the drawing activity below.

Draw the different shapes and pictures you saw when you looked at the clouds.

Well done for taking time to relax and be still. How do you feel?

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