

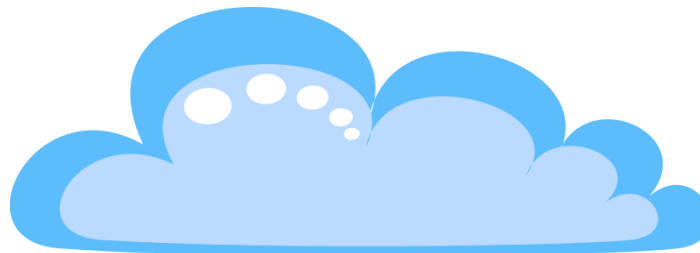
# *SEN Early Years Inclusion Service*

## **Calming Activity - Cloud Journey**



## The Cloud Journey

- Lie down with hands by your side. Eyes closed.
- Take a deep breath in and long breath out.
- Imagine you are lying on a white fluffy cloud in the sky.
- Slowly sink deeper and deeper into the softness of the cloud as it lifts you up, up, up into the air.
- You are floating. Rocking slowly back and forth.
- The cloud is taking you to a place you love to be.



- Feel how good it is to be there.
- Take a deep breath in and a long breath out.
- When you are ready, your cloud slowly brings you down, down, down.
- It sets you gently back on the ground.
- As your cloud pulls away, it takes with it anything that is worrying you.
- You now feel calm, safe and happy inside.
- Take a deep breath in and a long breath out.

