



MINDFULNESS FOR FAMILIES

CLOUD GAZING

**WHAT YOU NEED: CLOUDY SKIES AND YOUR IMAGINATION!
GO OUTSIDE TOGETHER AND NOTICE THE CLOUDS IN THE SKY.
LIE ON YOUR BACK AS YOU RELAX AND OBSERVE.**

ASK YOUR CHILD A FEW QUESTIONS:

**"WHAT SHAPES CAN YOU SEE? CAN YOU SEE ANY ANIMALS?
WHICH CLOUD IS YOUR FAVOURITE?"**

**ENJOY A FEW QUIET MOMENTS AS YOUR IMAGINATION TAKES YOU ON A
JOURNEY TOGETHER.**