

## CLOUD RELAXATION SCRIPT

I am going to ask you to relax.

In a few minutes, I am going to say some things that I hope will help you create a picture in your mind...

I am also going to ask you to relax different parts of your body.

Learning to relax will help you cope with angry, sad and scary feelings.

Find a comfortable position in your chair and take a few relaxing breaths...

Close your eyes and relax...

Take a few more relaxing breaths...breathe in...breathe out...breathe in...breathe out. That's it - you are feeling peaceful. Becoming more and more relaxed.

Now with your eyes closed, pretend that you are on a white fluffy cloud, high in the sky on a beautiful day. You are floating peacefully on that white fluffy cloud...moving very slowly...you are as light as a feather...and the fluffy cloud holds you safely...floating across the sky.

Now, as I count from 1 to 3, imagine that you are sinking deeper and deeper into that cloud...so the cloud is all around you. 1...2...3

You are enjoying the ride on the cloud.

Now, notice your toes and feet, how relaxed they feel....notice your legs...all the muscles in your legs are light and relaxed on the cloud...notice your arms...notice your neck...notice your head...now you are totally relaxed...floating on the fluffy cloud.

Remember that you can return to your very own cloud whenever you feel like you need to calm down and relax...

Now, we are getting ready to stop our ride on the cloud. We will stop on the count of three...1...2...3

Open your eyes and stretch a little.