

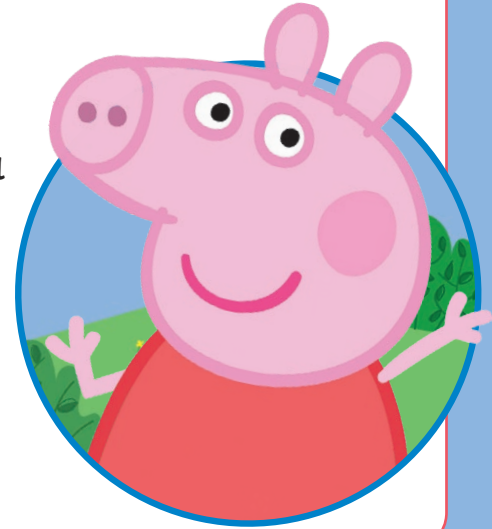
Mindfulness Story

The Clear Blue Sky

Instructions:

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This is a mindfulness story that is written to be read aloud to your class during a brain break, a mindfulness session, or just to refocus the mind and body on a busy day. As you read aloud, children will be using their imagination to explore mindfulness techniques and skills woven into a short story.



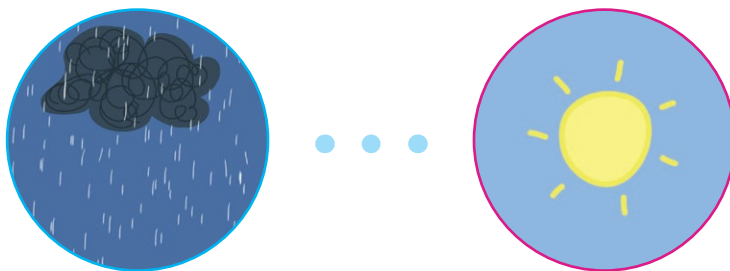
The Clear Blue Sky

Some days are excellent, top-of-the-world, nothing-could-go-wrong, sunny days. We enjoy these days and usually feel happy and smile a lot. Other days are not-so-great, everything-is-going-wrong, go-back-to-bed thundercloud days. On these days, we frown, we grumble, maybe we even have a little cry. Both types of days are important in life because the happy days don't mean the bad days won't come and the bad days don't mean the happy days don't count. They both have a part to play, just like the sun and the rain.

Close your eyes and focus on your breath. Feel it going in and out, your tummy rising and falling. Perhaps you can feel the cool air travelling down into your lungs. Think about an excellent, top-of-the-world, nothing-could-go-wrong day that you have had. Who was there? What happened? Why was it such an amazing day? How does it feel to think

about that day? Notice what these sunny, happy feelings do to your body and mind.

Now think about a not-so-great, everything-is-going-wrong, go-back-to-bed day. How did you feel on this day? Does it feel like the sun has gone away and the thunderclouds have rolled in, ready to turn you into a stormy monster? Think about how this makes you feel. Open your eyes again.



When we look up at a beautiful blue sky, we can see the birds flying about without a care in the world. We can see the fluffy clouds floating lazily by. We can feel the sun shining down on our faces and warming everything up. On a stormy day, the sun goes away, the grey clouds cover the clear blue sky and they look stormy. Sometimes they even rain on us.

Here's something to remember on the thundercloud days: the blue sky is always there. Close your eyes again and imagine a thunderous, stormy day you've had. Now imagine you are floating up, up, up past the tops of the trees, up to the clouds and then float through them. As you burst through the clouds, you feel the sun on your face, you see the birds flying around and you feel the calmness that comes with a beautiful sunny day. Stay here for a moment and take a couple of breaths.

Every time you feel stormy, not-so-good, everything-is-going-wrong feelings start to creep up, remember that you can always float above the thunderclouds in your mind and get back to that calm, sunny, clear blue sky and enjoy the calm, sunshiney feelings.

