

Take some time out to look at the clouds, their shape, how they move and what they look like. Mindfulness is great for calming your busy mind and body.

Being mindful is about paying more attention to the present moment. A few simple steps can help you to relax and feel more present:

1. Lie on your back, with your arms by your side. Take a moment to look at the clouds and explore their range of shapes.
2. Feel the ground underneath you, how does it feel on your back? Can you feel your bodyweight pulling closer to the ground?
3. Be aware of your senses, can you feel a breeze on your skin? Listen for different noises and smell different scents around you.
4. Take some deep breaths, holding each one for a few seconds, feel the air moving through your body.

Enjoy the unique cloud formations

All clouds are different, created in different ways and different places. They can move fast or slow, be big or small.

The main aim is to enjoy looking at them and being mindful, but if you want to, see if you can spot some of the common cloud formations on the right.

Notes:

Never look directly at the sun, it can damage your eyes. You may want to wear sunglasses if it's a bright day.

This activity is done best when there are no distractions around.

Health and Wellbeing

Understand the link between physical and emotional wellbeing. Have a positive self image.

Time:
20 mins

Space:
Garden, Park

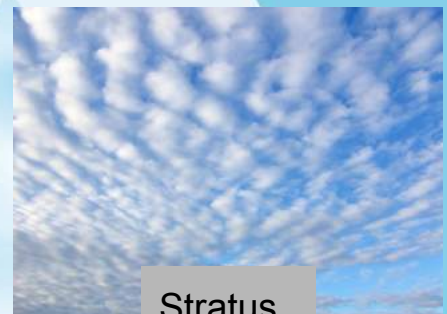
Equipment:
Just you.



Nimbus



Cumulus



Stratus