



LOOKING AT CLOUDS

When the sun is shining, the weather is perfect for some cloud gazing! Follow the steps below for this calming craft activity.

You will need:

- A partially sunny day
- Blanket
- Paper
- Pencil / Pens

STEP 1

Either in your garden, or a local park, lie flat on your back on a blanket and look up at the clouds as they float by. Spend a few quiet moments watching as they dance, float, morph and transform on the journey across the sky.

STEP 2

Now, start to look more closely at the clouds. What shapes can you see? Can you see animals or other familiar shapes? Are some clouds moving more quickly than others? Have any transformed from one thing into another? Try to take a 'photo' in your head of the clouds in the sky.

STEP 3

Next, sit up, take your paper and pencil and (without looking up!) draw some of the cloud formations you have just seen. Make sure you cover the whole page – the sky is very big!

STEP 4

Once you have finished your drawing, spend a moment just looking at the page. How do you feel? Inside the clouds, you could write some words describing how you are feeling.

You can repeat this activity whenever you are ever feeling scared, worried or even over excited! Notice how different the clouds may be on different days. How do your thoughts and feelings change?