

# Space Adventure visualisation

Today we are going on a space adventure!

Think about the night sky for a moment....the dark blue colour, the shapes and colours running through it. How far can you see? What can you hear?

Now imagine you are floating around in space, its not completely dark. You can see the moon! Its shiny, bright and yellow, round in the sky.

You can see the holes and craters, the bumps and lumps. It doesn't look too far away!

Have another look around you. You can see stars too, shining and twinkling in the dark blue sky.

All different shapes and sizes too. They are flickering in the light, it looks like they're dancing! The more you look around, the more stars you can see.... They remind you of a dot-to-dot puzzle. See if you can line them up in your mind!

I wonder what shape they will make. Is it a square, triangle, an animal maybe? A flower, a heart or something else!

When you have finished drawing your own shining starry image, it feels like the stars were put there just for you.

The magnificent sky above you is always there although some times you may not be able to see it.

The bright moon and shiny stars are always looking down on you!

The moon, whether it's full, half or crescent, is always hanging high up in the night sky.

When you feel a bit nervous or scared just take a look up at the huge sky and remember that the moon and stars are like your friends, always watching over you!

Take in a deep breath and slowly breathe out.

Start to notice your body, your hands and feet feel heavy, your arms and legs too.

What can you hear around you? Maybe you can hear other people or sounds outside?

Take a second to take it all in. You have done amazingly today!

Stretch out your limbs and when you feel ready, open your eyes.