

SUPERSONIC SPACE MISSION

Listen to your breath for a few moments and let your body feel heavy and relaxed.

Imagine that you have a huge space rocket in your garden or outside your home. This space ship is going to take you to outer space to a planet or star. 10,9,8,7,6,5,4,3,2,1 blast off! Imagine your space ship, imagine looking out of the window at planet earth becoming smaller and smaller below you.

Now that you've chosen a star or a planet you're going to zoom down and explore it. Think about the creatures you're going to meet, notice how they communicate, how they live and what the planet smells and sounds like. You have 2 minutes to be in this place until you hear my voice calling you back to planet earth.

Imagine saying goodbye to your new found friends and climbing back aboard your space ship to earth. See how earth gets bigger as you approach and you start to see things that are familiar to you and that you know. Now come back to where we are now.

We'll count to 10 together and come back to the here and now.