

The Parachute



Suitable to use with Junior Infants – 2nd Class

I invite you to find a comfortable place to sit, close your eyes if you wish and notice all the sounds in the room you are in. Notice the sounds outside the room. Gently take a deep breath in and slowly breath out. Let's try that once more, gently take a deep breath in and slowly breath out.

As you begin to relax now I invite you to imagine you and your friends are holding the most beautiful parachute you have ever seen. It is like a giant carpet filled with different colours. Can you see the colours red, blue, green, yellow, orange, pink and purple.

You and your friends lift the parachute high into the air, so high that it almost touches the fluffy white clouds and slowly lower the parachute. You and your friends are laughing loudly. Can you hear the laughter? You say to yourself **I am happy, I am happy.**

You lift the parachute once more and this time the ground underneath the parachute turns into a magical kingdom. You

and your friends skip through the magical kingdom exploring the beautiful land. You reach a glistening stream of water and you gently dip your toes into the warm water. Can you feel the water on your toes? You hop over the river to meet a small, fluffy rabbit you all follow the rabbit until you reach the green rolling hills, you and your friends roll down through the hills and at the end of the hill you take one last long jump through the magical kingdom noticing all the beautiful creatures that live in the kingdom. Again you say to yourself **I am happy, I am happy.**

I invite you to notice the sounds in the rooms you are in. Take a take a deep breath in and slowly breath out. Gently open your eyes, give your body a long stretch, take your hands and rub them together gently.

**Margaret Foley,
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