

Hot Air Balloon Ride



Find a space and sit comfortably on the floor. In a minute I'm going to ask you to close your eyes and we are going to go on a pretend or make-believe journey. I'm going to tell you a story and I want you to see if you can follow along.

Imagine what I tell you and see how you feel while you are doing it. Listen carefully to what I say, imagine it is happening to you and try to imagine how you feel while you are doing it. When we are finished you will open your eyes and draw a picture and that will be the end of the trip.

Now close your eyes and take a couple of deep and slow breaths in and out ...

I want you to pretend that you are taking a trip in a hot air balloon... Climb into the basket of the balloon... Who is in the basket with you? Maybe Mammy, Daddy, Granny, or someone else special...

There is a huge, colourful balloon above your head ... The balloon begins to fill up with air and ever so slowly it lifts the basket from the ground... What do you feel as you head off on this adventure?...

You feel the basket leaving the ground and rising higher and higher... Soon you are flying high above the ground... The sun is shining in the big, blue sky... There is a soft wind blowing and fluffy white clouds float past your balloon...

Now you look back down at the earth below... you are very high up far away from the ground... What does it feel like to be like a bird in the sky... ? You can see all the little fields... The houses look very small...

You can't see people because you are so high up...

The balloon passes a high green mountain and floats out over the sea... A friendly seagull passes and you wave to it... How do you think you might feel now?... You see a little island with a lovely beach and slowly the balloon starts to go down instead of up... The balloon drifts down onto the sand and lands with just a little bump...What does it feel like to be back on earth...?

When you are ready open your eyes and come back to the classroom.

**Walk Tall,
Senior Infants p. 108**