**

Relaxation Holiday

Make sure everyone is sitting comfortably, ask them to lower their gaze or close their eyes. Read aloud in a calm, quiet and slow voice, pausing between each line. You may want to record it being read aloud so you can join in yourself.

*Sit comfortably, start with a few slow, easy breaths and begin to relax…*

*And now let your mind create these feelings:*

*Imagine colours of the sky in a beautiful sunset…*

*Imagine the sound of water flowing in a stream…*

*Imagine the smell of a bonfire on a crisp autumn day…*

*Imagine the feel of smooth, clean sheets…*

*Imagine the sound of rain on the roof…*

*Imagine the smell of a field of grass in the hot summer sun…*

*Imagine the stars and moon in the dark sky on a clear night…*

*Imagine the taste of your favourite food…*

*Imagine the sound of a beautiful song…*

*Imagine the wind blowing on your face…*

*Imagine floating on the still water of a peaceful, shallow lake…*

*Notice the feeling of calm and peace, and take time to enjoy it…*

*When you are ready, remember where you are and when you are ready come back to us here.*