

That's Calm



Chris Dixon

little fish
digital

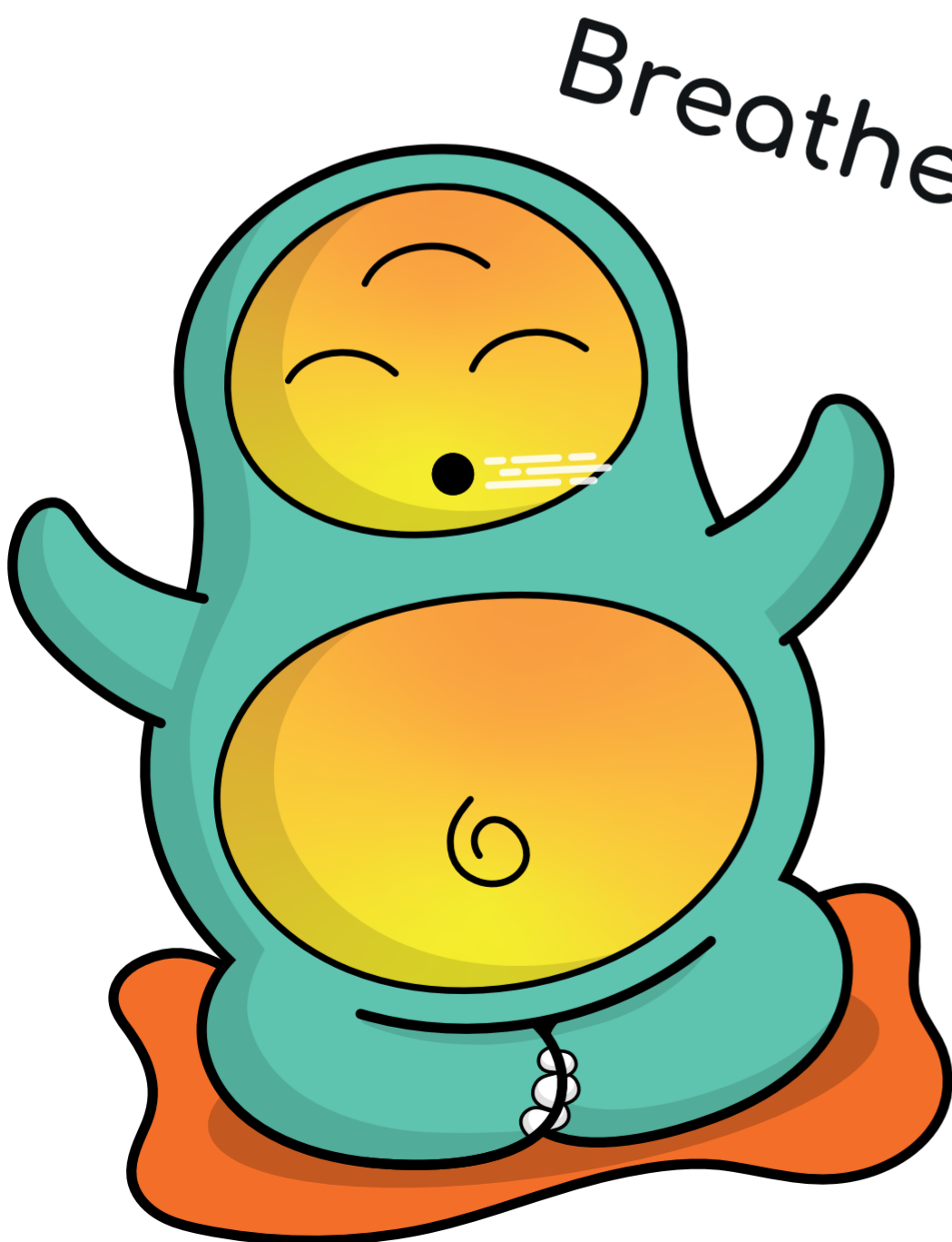


Today, we are going to take some time to focus on our breath and calm our minds.

Find a comfy position, either sitting or lying down, and close your eyes.

Take a deep breath in and slowly breathe out.

Repeat this a few times until you feel calm.



Breathe in....



...and out....

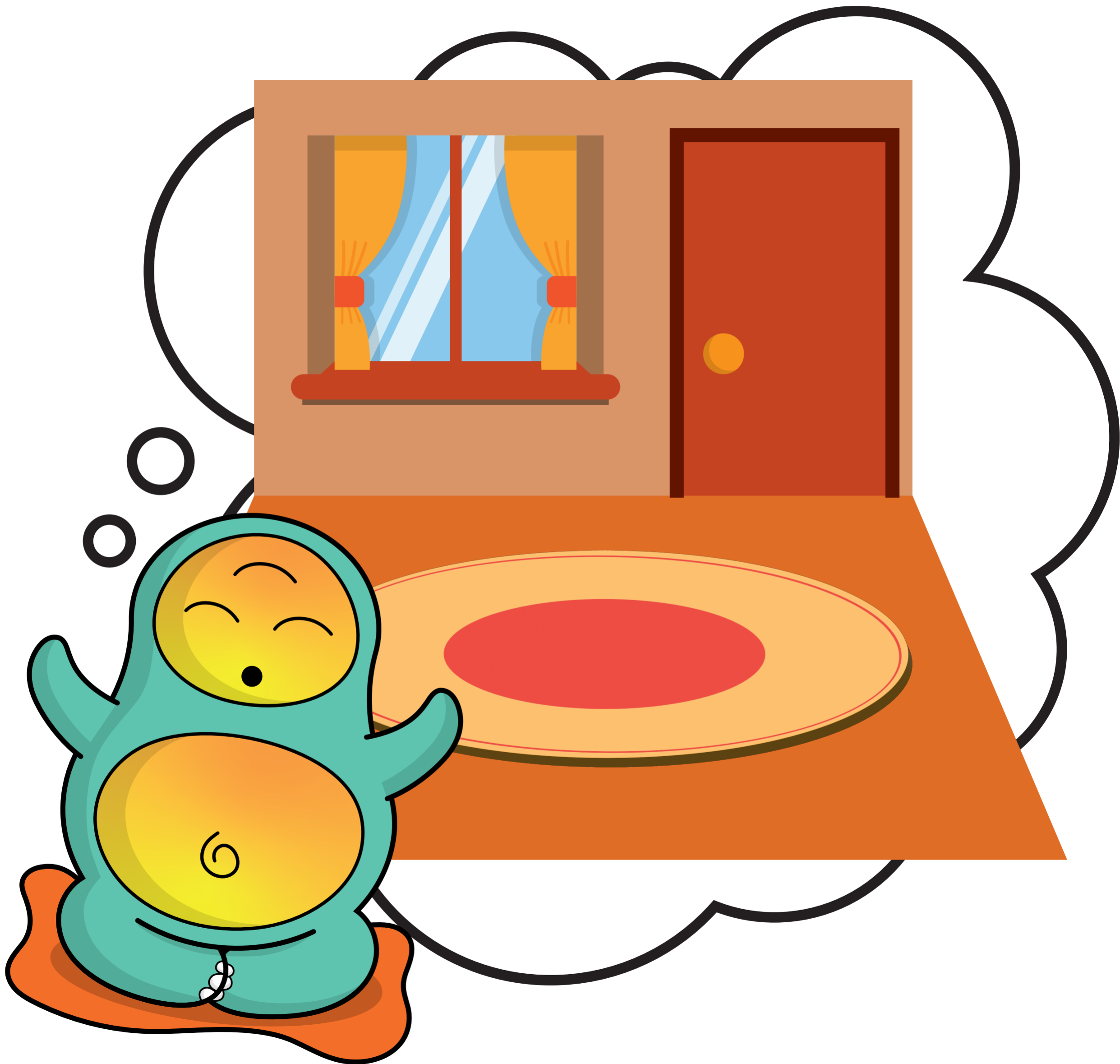
Now, let's begin our meditation adventure together.

You can use your imagination to help you relax.

So let's try that...

With your eyes closed, imagine you're inside a nice, warm house.

There is no noise inside, just peace and quiet.



From outside, you can hear the birds tweeting and chirping...

...Like they are calmly talking with each other.

You can feel the toasty sunlight through the window.

Cotton wool clouds drift across the summer sky.



Now.. imagine you are walking
towards a magical door in the room.

The door smoothly changes colours.

From baby blue...

to pastel pink...

...to light green and then gold.



You open the door and head outside.

The singing birds float from tree to tree.

One beautiful bird glides up to you.

Its feathers are soft and shiny.

Its beak is orange like a tasty tropical drink.

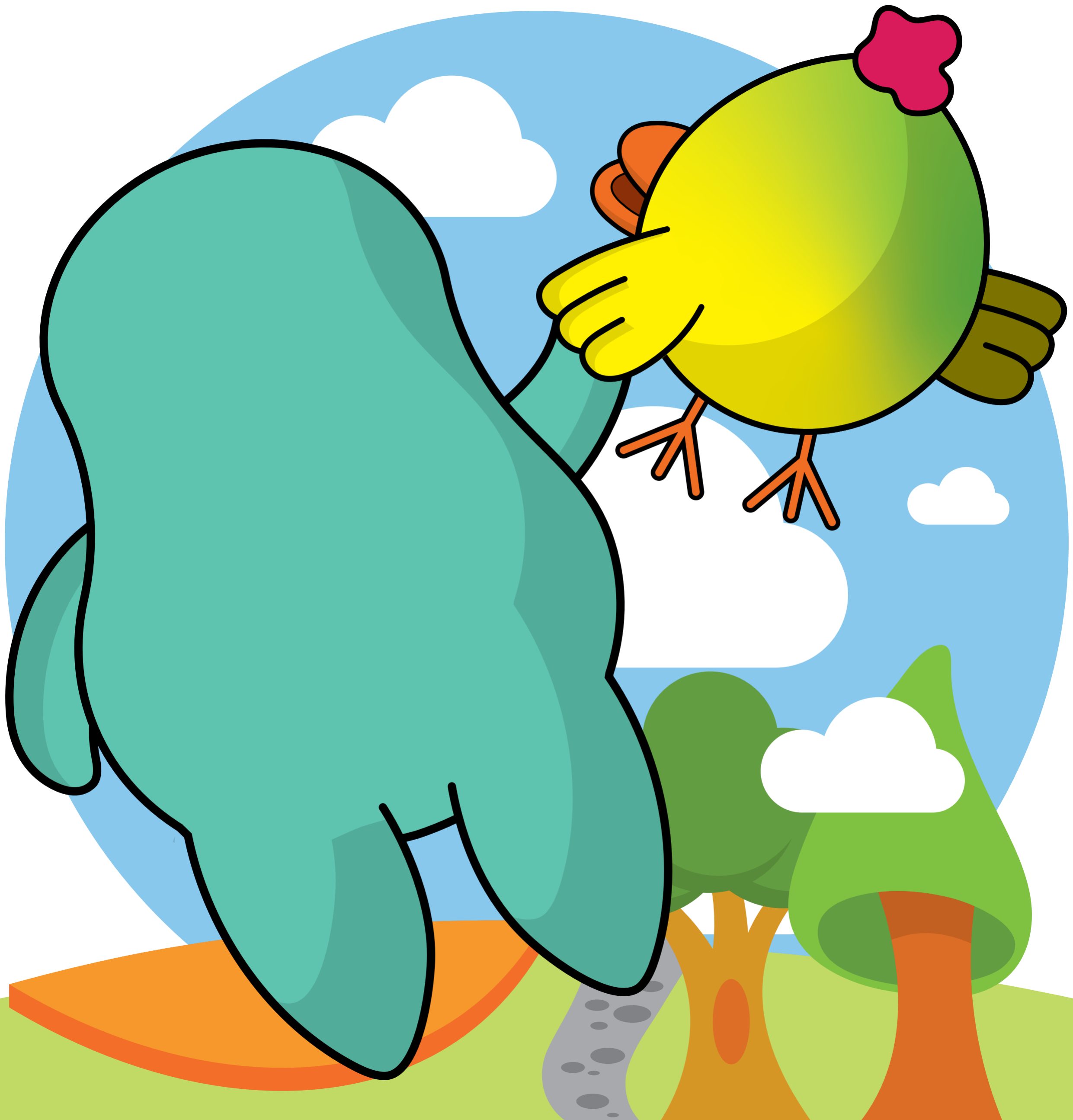


The bird holds your hand
with its little wing.

You feel your feet slowly coming
off the ground.

“It’s time for an adventure,”
sings the bird, as it lifts you gently.

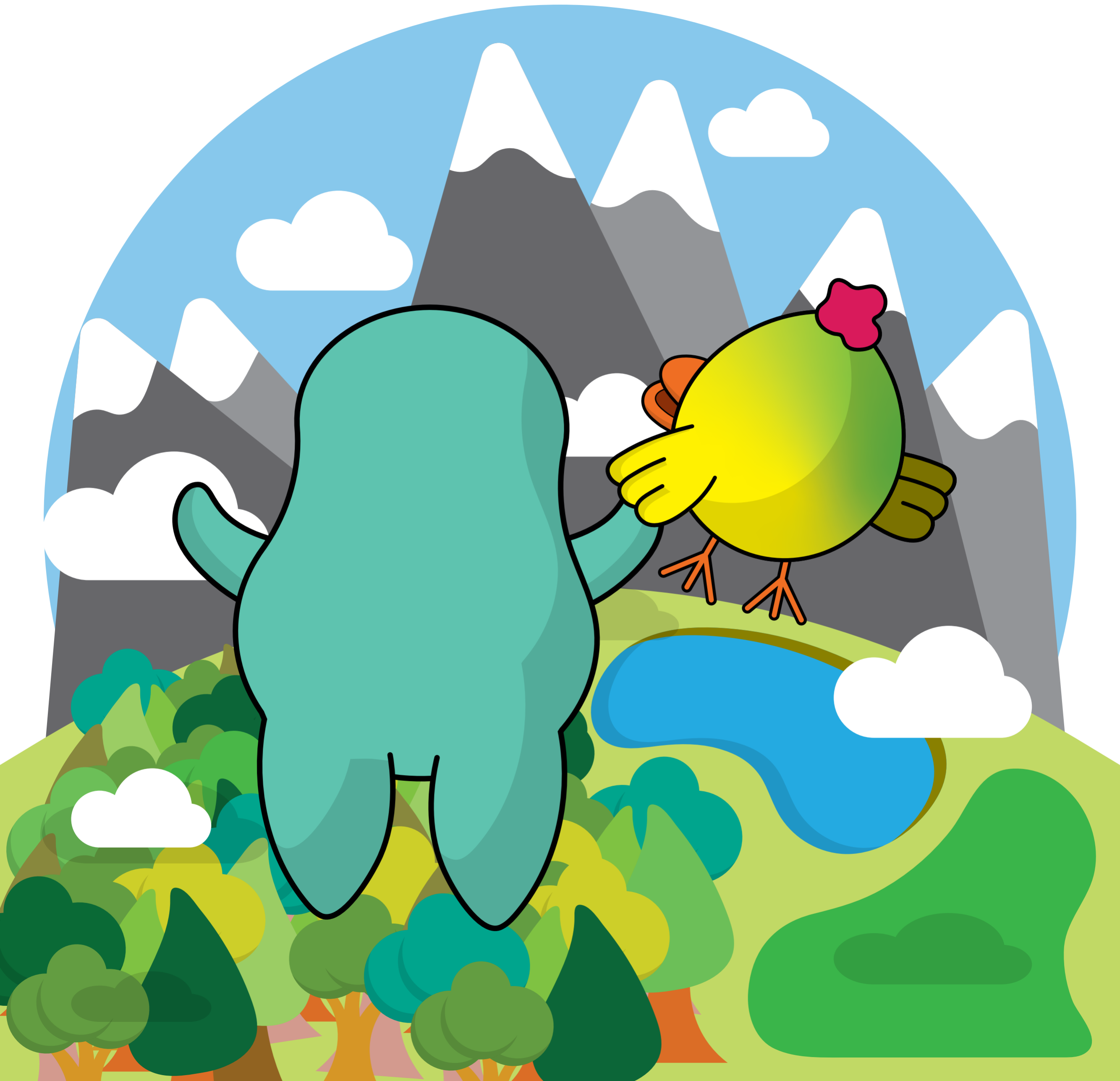
You’re flying through the air
like a super person.



Below you fields and forests
appear...

...then fade behind you...

...only for more stunning
scenes to replace them...



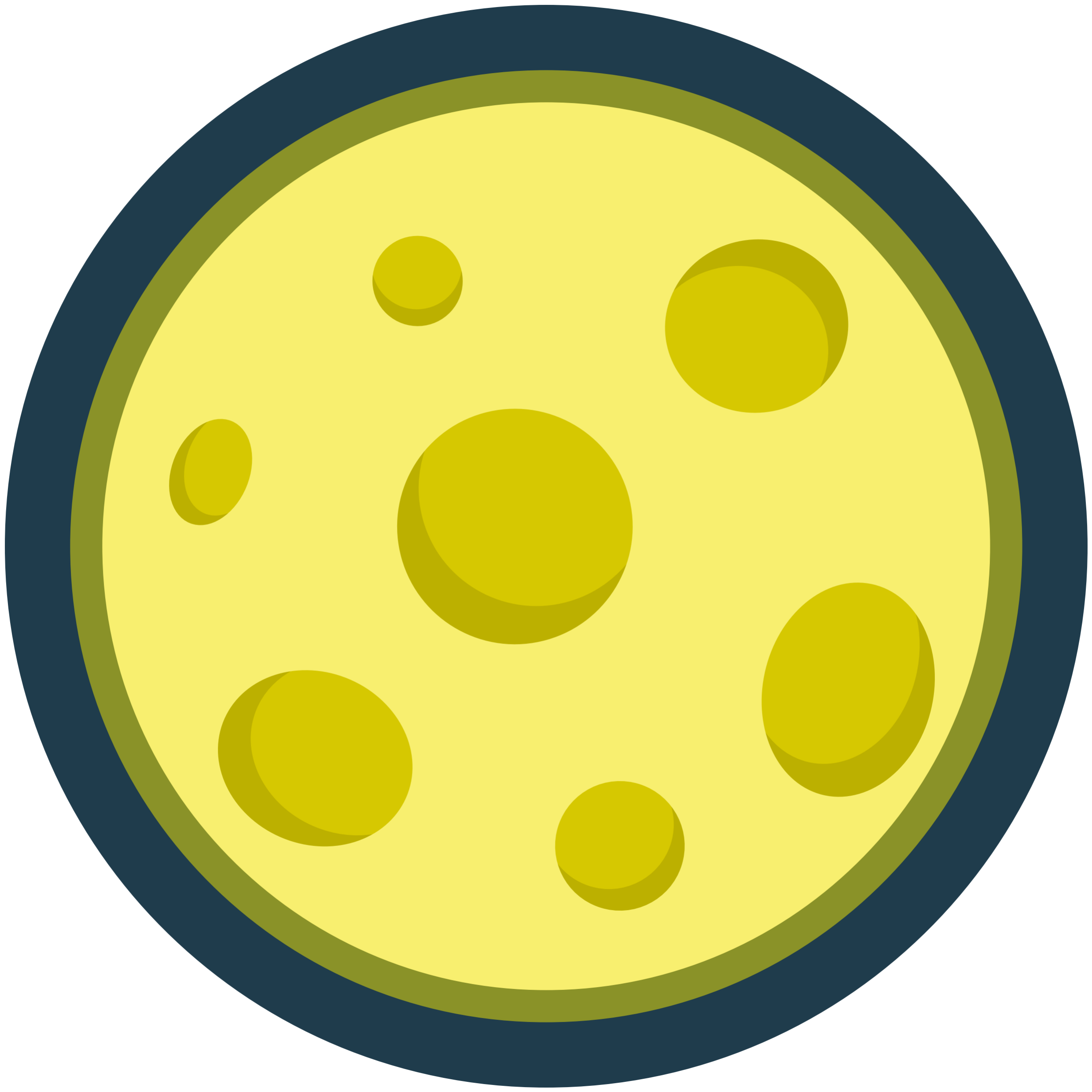
Ahead of you in the sky...

...is a pale yellow circle.

It slowly grows as the bird carries you towards it.

“This is a wonderful place,” chirps the calm bird.

It looks like the moon.



You float down to the soft surface.

Your feet are now back on the ground.

It's squidgy, like standing on a play mat.

As you look up, the bird flutters above.

It is now night time.

The stars are sparkling



“This is a safe place in space,”
the jolly bird whistles.

“You can come here whenever
you need to feel calm,” it flutters
down onto your head.

Its feathers feel comforting,
like wearing a warm hat.

A shooting star crosses through
space.

Your eyes follow it.



You feel very calm.

You're happy your bird friend showed you this secret space.

"It's nearly time to go,"
the bird sings again.

"But don't worry, you can
come back when you like."

Once more, the bird takes your hand.

"When you are ready,
I'll safely take you home."



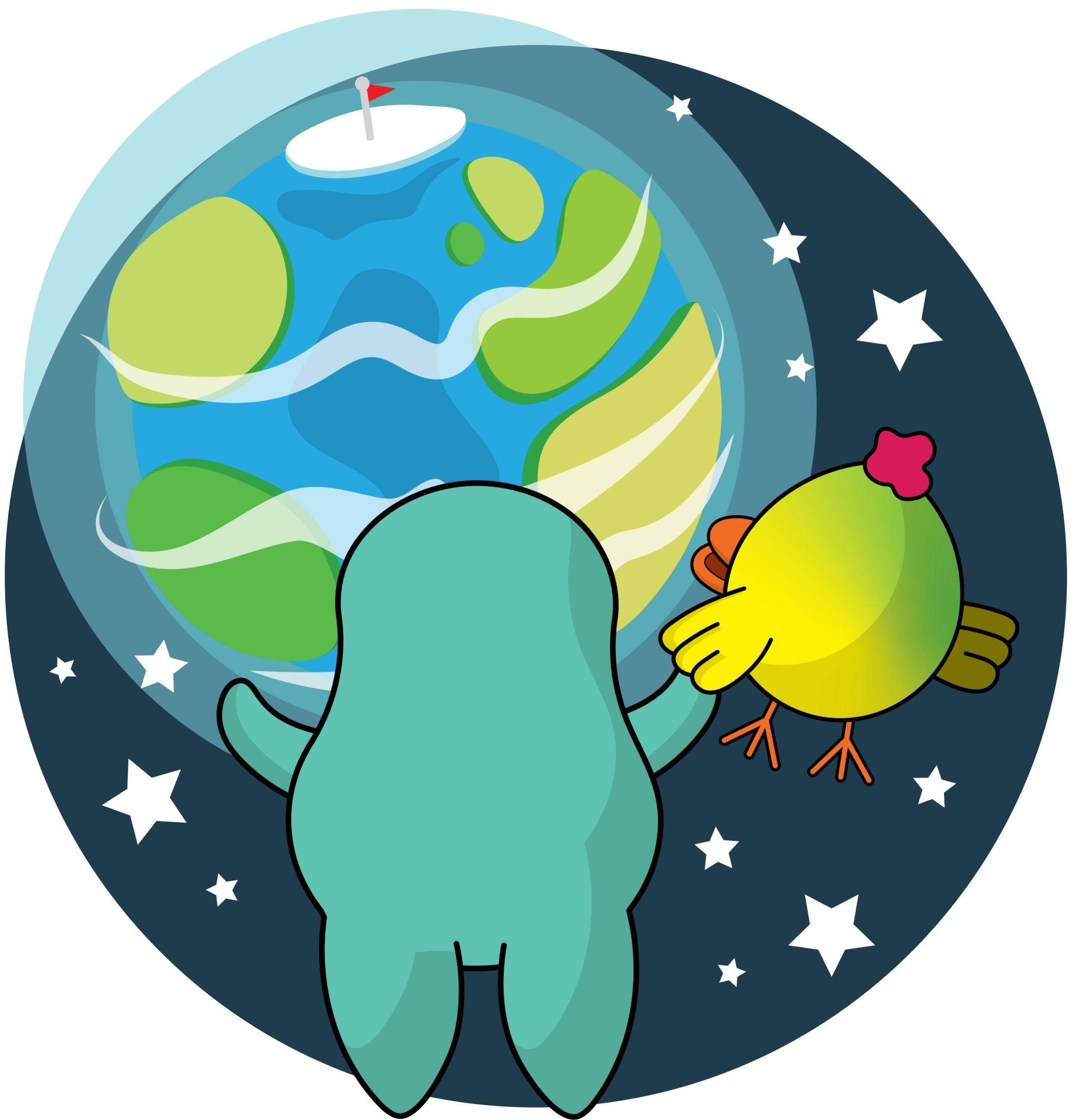
You lift off into space...

...drifting back towards the earth sky.

The bird guides you.

It's day time again.

And the fields and forests re-appear.



Soon you can see your
home from up in the sky.

The bird guides you back
down to the ground.

You are now calmer and
more relaxed.



“See you soon,” chirps the bird.

You wave and step back
inside the house.

Then you open your eyes.



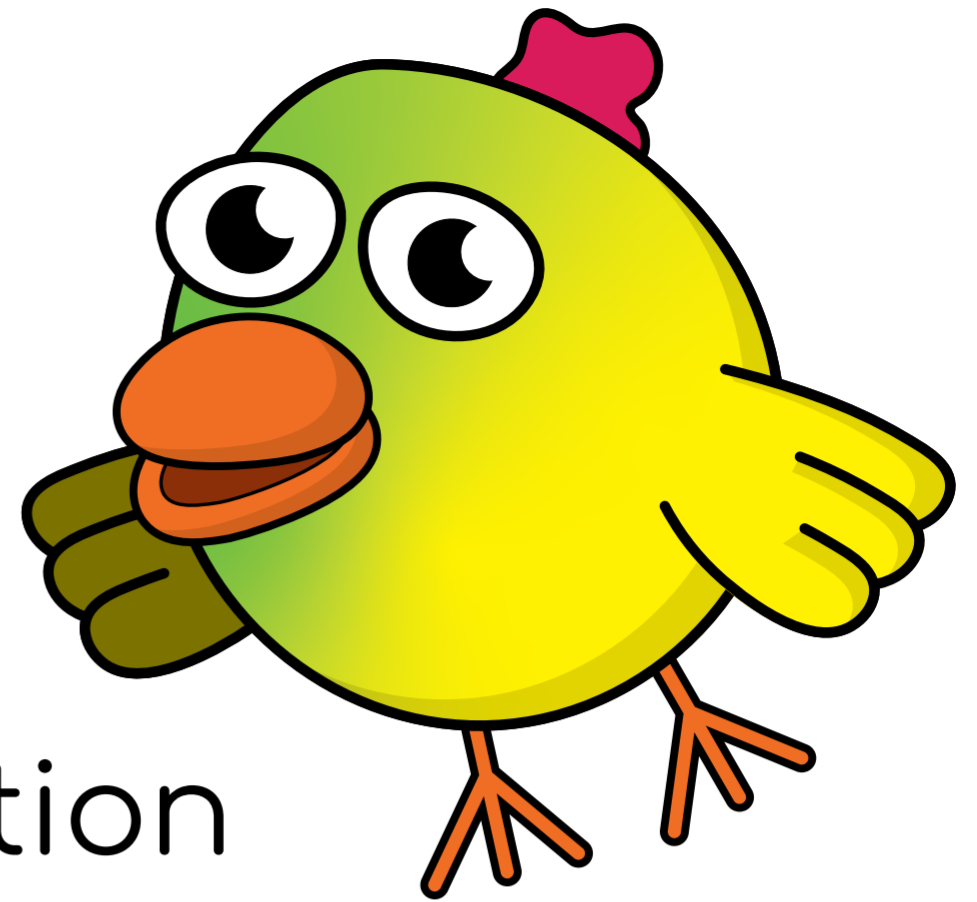
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That's Calm



That's Calm is a gentle guided meditation story book for children.



The book aims to help children learn how to de-stress and relax.