

That's Calm



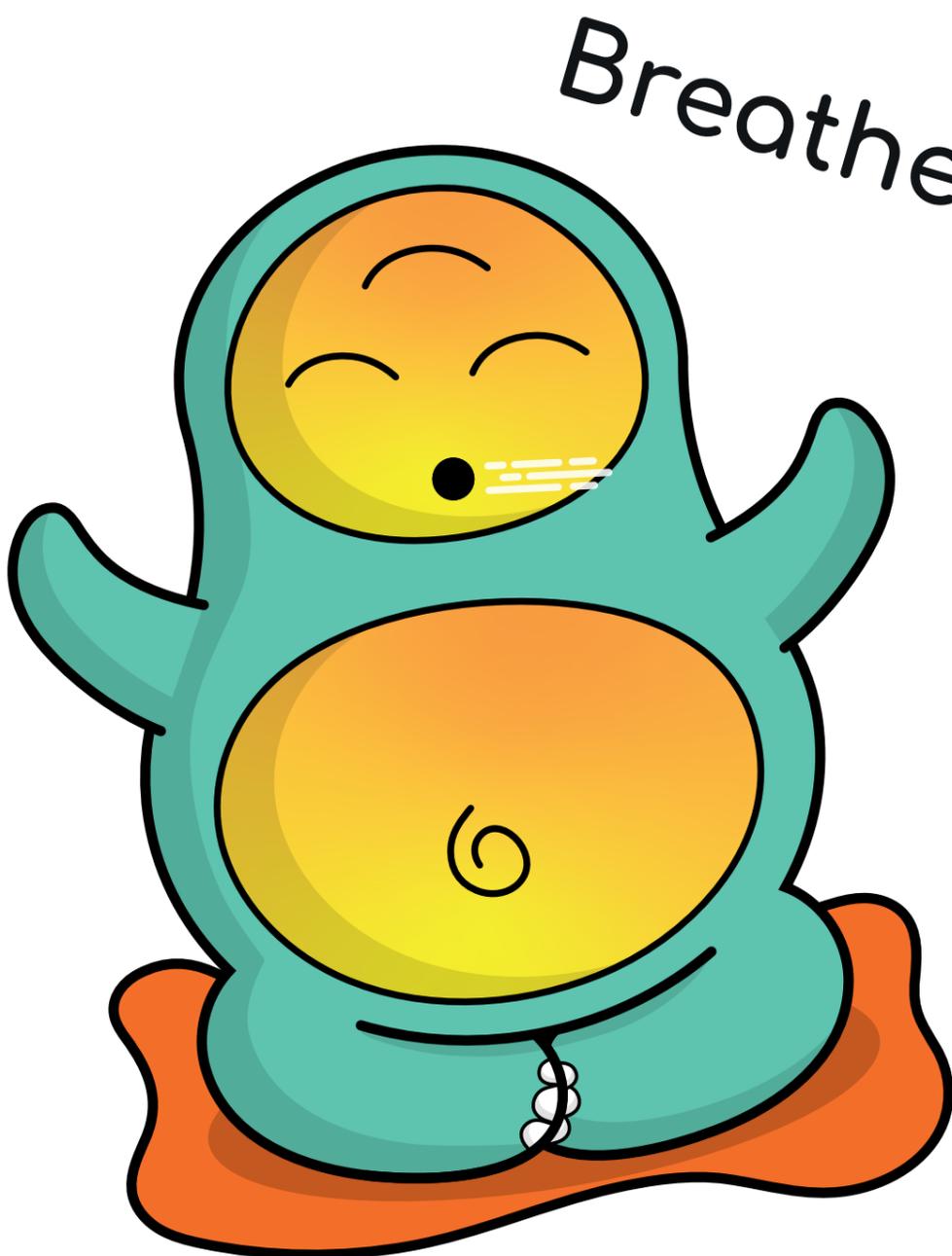
Chris Dixon

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....

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.



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.

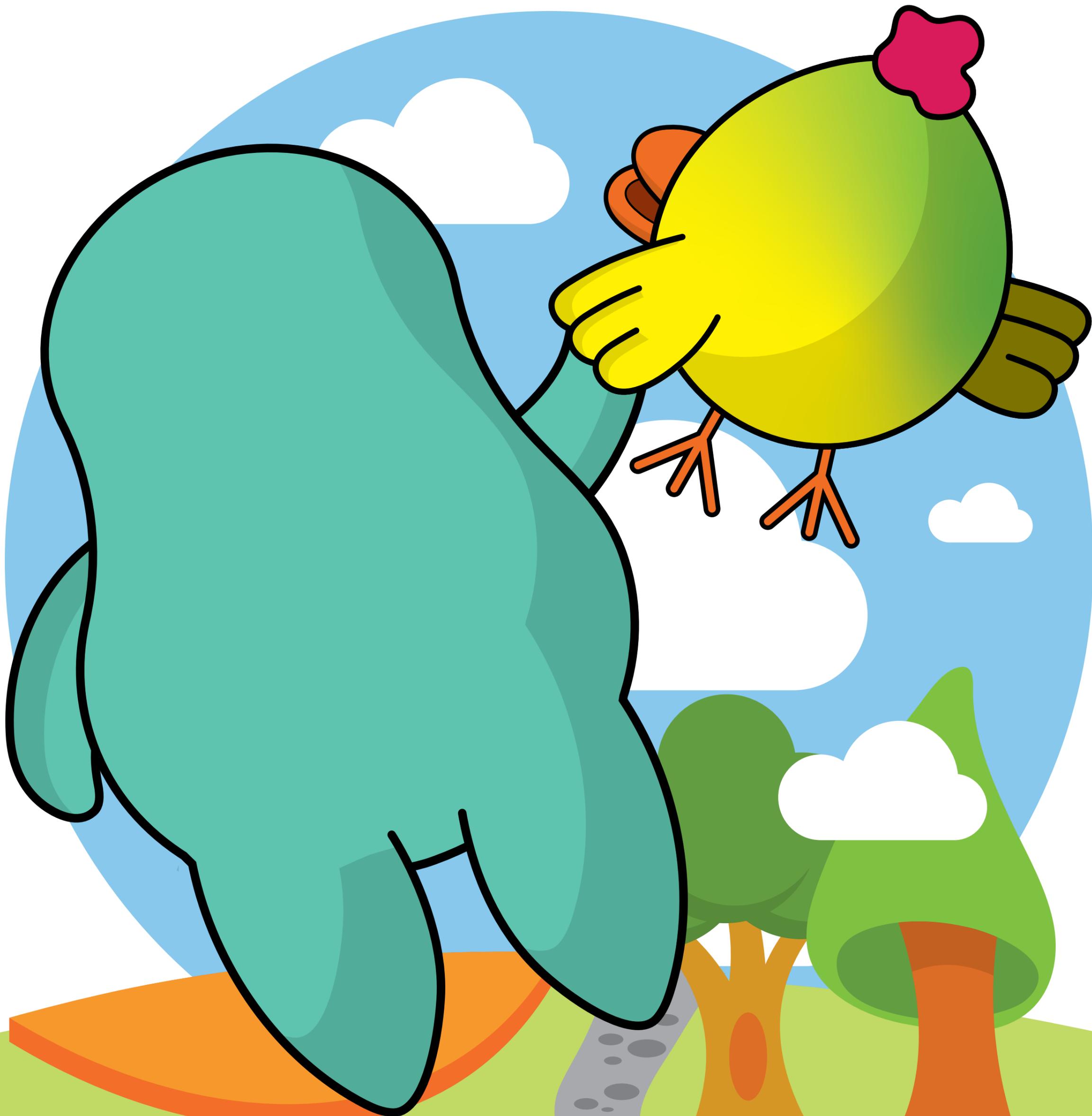


The bird holds your hand
with its little wing.

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.



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.



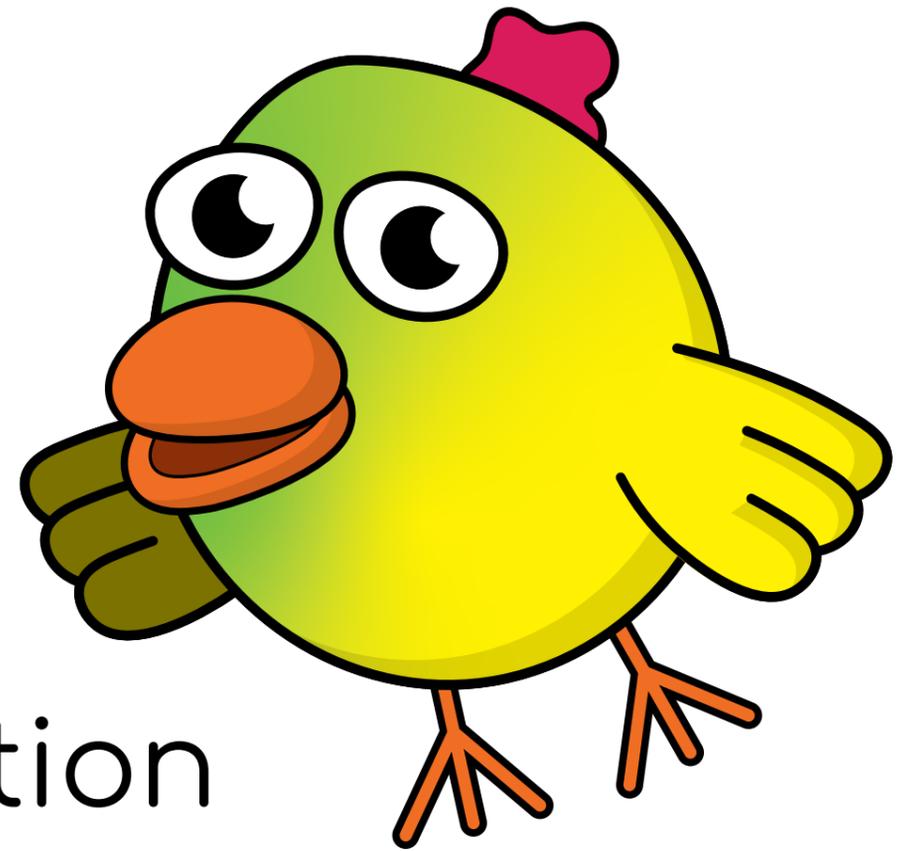
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That's Calm



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.