Bookworm Yoga

Getting Bendy with Great Books!

proudly presents
a relaxation to conclude

Hello, Red Fox

by Eric Carle

Lie down on your back so that you're comfortable.

Let your legs flop open, and let your arms relax alongside your body.

Close your eyes. Breathe in and out.

Feel your chest and your belly rise and fall with each breath – up and opening when you breathe in, down and contracting when you breathe out.

Concentrate on your breathing. Breathe in and out. In and out.

While you're resting, think about our story, Hello, Red Fox.

Little Frog knows his friends' true colours.

He helps Mama Frog to see them as well.

You have all the colours of the rainbow inside you. Different colours for your different moods, different colours for your different feelings.

Some of your colours are easy for everyone to see, and some are only revealed with people who see you with love.

Think about the amazing range of beautiful colours inside you.

All the different parts of you that shimmer and shine.

What colour are you now? What colour are you feeling?

Think to yourself, 'Whatever colour I'm feeling is part of who I am right now. That feeling, that colour is okay just as it is.'

Breathe in and out. In and out.

Now open your eyes, feeling calm.

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