



RAINBOW

Close your eyes, be very still and imagine that in front of you is the most beautiful rainbow. The colours are twinkling in the light. You have never seen such a colourful rainbow. It makes you feel so joyful and light just looking at it. You notice the beginning of the rainbow and you decide to climb it. The rainbow is made of thousands of tiny lights, all different colours. As you take each step, and your foot touches the rainbow light, your body is filled with energy. As you climb, you feel full of excitement and anticipation. Where does the sparkling rainbow lead? You reach the top. The view is spectacular. You decide to slide down. It feels such fun - this is the biggest slide in the world. Finally you reach the bottom. Has the rainbow taken you into another magical rainbow world? Is there a pot of gold waiting for you? Spend a few moments enjoying the world at the end of the rainbow.

And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

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