

Butterflies

By: Alaska



BUTTERFLIES

Close your eyes and be very still and imagine you are a butterfly, now think how it feels.

What do you think it's like with those colourful wings and flying from garden to garden.

Now I want you to see in your head what butterflies do you like? They are all in your garden, your butterfly you have chosen will be there for you like a guard dog.

Now I want you to take deep breaths in and out, slowly when you are ready wiggle your fingers and toes and have a big stretch
Now open your eyes and say.

I am not worried.

I am safe.

Now how do you feel?

Hopefully all of your worries have flown away with your butterfly.

