

## Relaxing Rainbow



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Close your eyes, be very still, and imagine that in front of you is the most beautiful rainbow.

You can see reds, oranges, yellows, greens, blues and purples in the rainbow.

You have never seen such a beautiful bright rainbow before.

It makes you feel joyful and light just looking at it.

You can see very clearly the beginning of the rainbow and so you decide to climb it.

As you carefully climb it, one foot in front of the other, you feel full of excitement and anticipation. Where does the rainbow lead?

You reach the top and you can see for miles and miles. The view is spectacular.

What can you see? Stay up there for a while and enjoy the sight for as long as you wish.

Then you decide to slide down the other side of the rainbow and relax.