

A WINTER WALK

Close your eyes.

Relax.

Breath in and out. In and out.

It's winter. It's Christmas time.

You're at home. You sit on the sofa.

Can you feel the soft blanket?

It's warm and cosy.

You feel really good.

You get off the sofa and put on a warm jacket.

You put on your gloves, your scarf,
your boots and your wooly hat too.

You walk to the door and open it.

A frosty wind blows into your face.

You like the fresh air.

You close your eyes.

You breath in deeply.

You breath in and out. In and out.

It's late in the evening. It's dark outside.

You walk along the way.

There is a lot of snow.

You hear the snow crunching under your feet.

Crunch...crunch...crunch...

You look to your left there is a big church.

You see lights through the windows
of the church.

Can you hear the bells ring?

Ding....dong...ding...dong...

You like the sound of the bells.

You look up to the sky. Can you see the stars?

They are shining bright in the dark sky.

They are sparkling like little diamonds.

You walk on. It's really frosty,

but your clothes keep you nice and warm.

You hear the snow crunching under your feet.

Crunch...crunch...crunch...

You walk back home. You open the door.

It's warm and cosy inside.

You take off your gloves,

your scarf and your wooly hat.

You take off your boots and your jacket, too.

You snuggle back onto your sofa.

You take the soft blanket
and put it over your legs.

You smell the burning candles
and the Christmas tree.

You feel really good and happy.

You look outside the window.

The sky turned a little pink.

It must be the angels baking cookies.

Can you hear the angels sing?

They sing with their beautiful
and clear voices.

You enjoy the sound.

The sound is warming your heart. (*music*)

Relax. Breath in and out deeply. In and out.

You slowly start to move.

You wiggle your fingers.

You wiggle your toes.

Stretch your arms, stretch your legs.

Turn your head from side to side.

Relax. Breath in and out. In and out.

Open your eyes. Welcome back!