



Open-Sky
School



Activity

Cloud Watching

MATERIALS

Optional: Blankets, if necessary

DURATION

15-20 MINUTES

Activity Summary

The goal of this activity is to promote relaxation and mindfulness in students by paying attention to their bodies and nature through a cloud watching activity.

Preparation

- Choose a day where you can see clouds, but the sky is not completely overcast.
- Before you begin, choose a space in nature where students can sit or lie on the ground.
- Invite students to sit comfortably and at a distance from each other.
- Make sure all students can hear you.
- Tell students that throughout the guided meditation, you will be asking questions which they can think about and answer quietly to themselves.



Steps

Read aloud the meditation script below to your students, pausing between each line so that students have time to think about the questions you ask.

Say:

- A.**
1. Lie comfortably on your back on the ground.
 2. Close your eyes or look at the clouds in the sky. Never stare directly at the Sun.
 3. Take a few deep breaths.
 4. Turn your attention to your breathing, without trying to change its rhythm.
 5. Now, bring your attention to your lungs inflating as you inhale and deflating as you exhale.
 6. Pay attention to the feeling of your body touching the ground.

- B.**
1. Slowly open your eyes. You can blink a few times if it's too bright.
 2. Look at the clouds in the sky, but avoid staring at the sun.
 3. If you start to think about something else, try to bring your attention back to the clouds.
 4. Continue breathing normally.
 5. Choose a cloud in the sky and follow its movement in the wind.
 6. If the cloud disappears from your field of vision, look at another cloud.
 7. If you're thinking about something else, don't worry, it's normal to be distracted.
 8. Your thoughts are like passing clouds in the sky; they come and go over time.

- C.**
1. Now bring your attention back to your breathing.
 2. Can you feel your lungs inflating, deflating?
 3. Move your toes.
 4. Now move your feet.
 5. Wiggle your fingers, then your hands.
 6. Now take a few deep breaths.
 7. When you feel ready, sit up slowly.
 8. Sit comfortably.

Questions

- Can you feel your body in contact with the ground?
- Which part of your body is in contact with the ground?
- Take the time to identify each part of your body that touches the ground.

- Is the cloud you're looking at big... small?
- Does the cloud you are looking at have a particular shape? Does it change shape?
- Is the cloud you're looking at moving fast? Or does it seem to be floating in place?
- What color is the cloud you are looking at?

- Is it easy or difficult to move only your toes?
- Were you aware of your fingertips before you moved them? Do your fingers feel different after moving them?

RETURN
TO GROUP

- How do you feel now?
- How did your body feel during the activity?
- Did the activity bring up any emotions in you?
- What did you think about during the activity?
- Did you find it difficult to stay alert to the clouds in the sky?
- Back in class, make a drawing that represents the shapes of the clouds you have seen.

REINVESTMENT:

- Encourage students to look at the clouds and recall the activity and how they felt while doing it.
- Encourage students to do this activity on their own when they feel the need to.
- If you wish to combine this activity with a science activity, you can refer to the *Cloud Observation* activity in the science section of the Open Sky School program.