



## Taking a Ride on Butterfly Wings Activity Page for Children and Families

What happy people, calm places, favorite activities and beautiful things can you think about when you are going to sleep? Use your imagination as Lulu and Lainy did!

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....

~ Wishing you Happy Thoughts and Sweet Dreams ~

\*(Note to families: Taking a Ride on Butterfly Wings is an example of a mindfulness technique often referred to as Guided Imagery. It can be a highly effective strategy useful in many situations to help children and adults relax, unwind, and calm down, especially when combined with soft music, and breathing exercises.)

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