

I am a beautiful butterfly, I am free..

Sit on the floor with the bottoms of your feet touching and your knees bent out to the sides. Put your hands on your ankles, and gently bounce your knees as if you are flapping butterfly wings. Close your eyes and take slow, deep breaths, in and out. Imagine you are a butterfly, flying to your favourite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around, happy and calm. Now it is time to fly home. Slowly flap your wings. Take a deep breath in, and a long exhale. Now gently open your eyes.

This exercise is useful to do with the young people you work with as a way of helping them to connect to themselves, and as part of their creative process.

