



### Activity

## Take a Hot Air Balloon Trip

**Purpose:** Visualization for the whole family.

Try this as a bedtime relaxation activity or when preparing for a special event. The first few times you use this, you might read it to your child. Then have fun with it and create your own personalized version of a balloon trip.

### Instructions to child:

Lie comfortably and close your eyes.

Imagine yourself blowing up a balloon—a big hot air balloon.

Notice the color of the balloon—what color is it?

*(Pause)*

Is it big or little?

*(Pause)*

Now take a big breath, allowing the air to fill up your belly (tummy), and then slowly allow the air to move out of your belly into the balloon.

Take another breath in, again feeling your belly rise, and then allow the air to move into the balloon.

Continue breathing in and out until your hot air balloon is just the right size for you.

*(Pause)*

Now, let's get into the basket connected to the balloon.

Is there anything you need such as a jacket, a hat, a seatbelt for safety, glasses for protection, your favorite blanket or stuffed animal?

*(Pause)*

Get comfortable.

When you are ready, allow the balloon to start floating up, going higher and higher and higher.