

Short Breaks



Cloud gazing

You will need:

A blanket
Notepad and pen

A camera

Go for it...

This is a great activity to do on a warm day in your garden. But if its raining you can do it indoors next to a window.

First get comfortable in a position that you can watch the clouds in the sky. Lying down on your back is good but you can also sit in a chair. The comfier you are the better.

Now settle in and watch the clouds go by. Keep you pen and paper nearby so you can write down anything interesting you see.

- ✓ What shapes can you see in the clouds?
- ✓ Did you see animals? Faces? Objects?
- ✓ How fast were the clouds moving? Why is this?
- ✓ What types of clouds did you see? Do you know the names for them?
- ✓ Did you find this activity relaxing? How long did you spend cloud gazing?

The clouds usually around, you can do this activity whenever you like.


Don't forget
sunscreen and
sunglasses if you
are outside

Write a story
about the things
you saw in the
clouds

Draw a picture of
a cloud character

Take
photographs of
the clouds you
like the best




Barnardos