## Raindrops

- 1. Sit comfortably and close your eyes.
- 2. Take deep breaths in and out.
- 3. Imagine your thoughts are pieces of dirt on your skin.
- 4. Make believe it is starting to rain.
- 5. Let the raindrops wash off the dirt and let your thoughts trickle away.
- 6. Pretend the bright sun dries you off. Open your eyes.

