

stargazing

We relax and gaze at the night sky to explore what's happening in the moment.

LIFE SKILLS



DURATION 3 minutes or more

SUPPLIES Optional: blanket, towel, or chair

AGE All ages

LEADING THE GAME

To prepare, find a comfortable spot to gaze at the sky after sunset (outside or through a window) and set up chairs or a blanket.

1. Sit or lie down comfortably and settle into the natural rhythm of your breathing.
2. Look toward the horizon and rest your gaze there. Keep your eyes soft, not focusing on any particular object.
3. Notice any changes that you see in the sky, moon, or stars.
4. When thoughts or feelings bubble up, you can just let them be. If we don't analyze or think about our thoughts and emotions, they tend to come, stay for a while, and then fade away on their own.
5. Talking points: *What did you see? Were you surprised by what you saw? Did the sky stay the same? Did it change? Can you describe how you felt? How do you feel now?*

TIPS

1. Start by practicing *Stargazing* for a short time and build to longer periods.
2. *Stargazing* is a great way for children (and adults) to rest and take care of themselves when life is hectic and they feel stressed.



VARIATION

Cloud Gazing

Get a beach chair or towel and find a shady spot outside. In this variation children notice things like leaves blowing in the wind and drifting clouds.

MODIFICATION

When playing with young children, replace #4 with this: If you notice you're distracted and thinking about something else, that's okay; just feel your breathing for a few breaths and then go back to gazing at the sky.