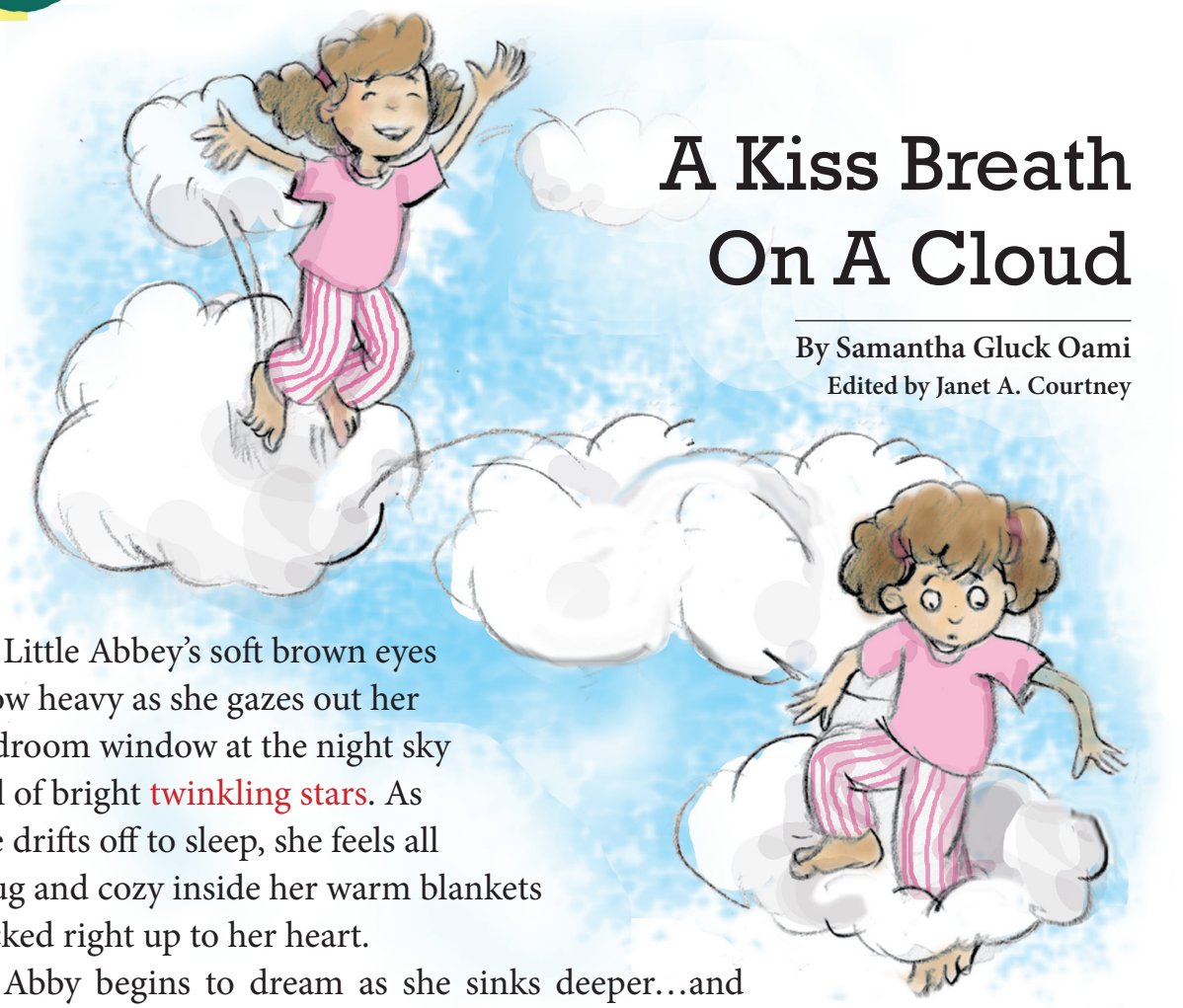


A Kiss Breath On A Cloud

By Samantha Gluck Oami
Edited by Janet A. Courtney

Little Abbey's soft brown eyes grow heavy as she gazes out her bedroom window at the night sky full of bright twinkling stars. As she drifts off to sleep, she feels all snug and cozy inside her warm blankets tucked right up to her heart.

Abby begins to dream as she sinks deeper…and deeper…into a peaceful sleep. In her dream, Abby finds herself in a huge sea of sparkling white fluffy clouds.

Feeling free to explore, she excitedly begins to hop and jump from cloud to cloud all across the bright sky.

Just as Abby is joyfully bouncing all around the clouds, her left foot drops through the middle of a cloud and gets caught at the very bottom. She tries to pull her foot up, but it won't budge. Her foot is stuck in the cloud!

With all her might she tries shaking and shaking her foot to set it free, but the big cloud holds on tightly.

This time, Abby uses more of her strength and kicks and kicks as hard as she can at the cloud, but the cloud still won't let that foot go.

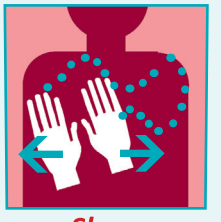
*Storyteller-Child Activities

Preparation: These activities can be played out on a child's back. Sit behind the child with his or her back facing you. Introduce each activity by saying, for example, "Here are the clouds," or "Here is Abbey hopping from cloud to cloud," and so forth.



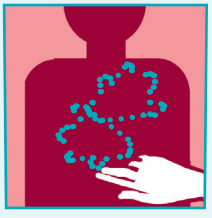
Stars

Twinkling Stars: *With both hands, lightly and quickly tap the fingerpads rhythmically up and down on the upper back.*



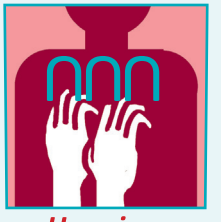
Sleep

Peaceful Sleep: *Place both hands with flat palms in the middle of the back and then move the hands gently from side to side.*



Clouds

Clouds: *Use two fingers to draw the outline of several clouds at different spots on the back.*



Hopping

Hopping: *With one hand, lightly hop the fingertips up and down at different spots on the back. (Take care not to hit the spine.)*



Stuck Foot

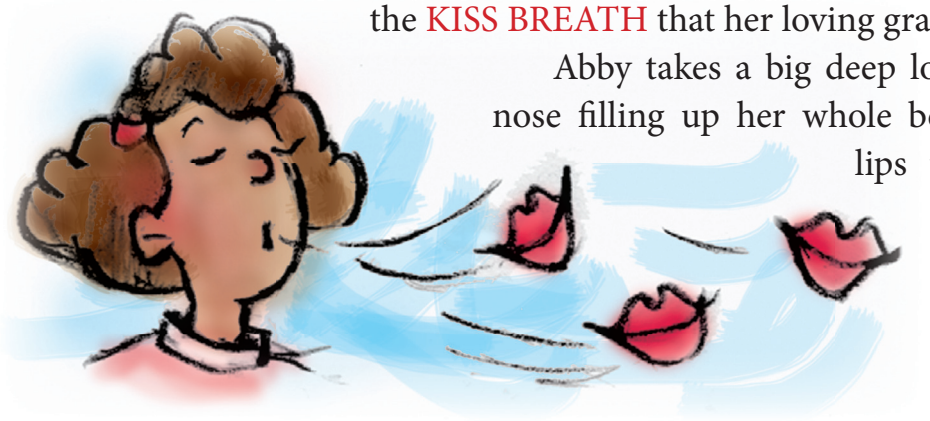
Stuck Foot: *Place both hands securely on the shoulders—to pretend the stuck foot.*



Foot Shake

Foot Shake: *With both hands on the shoulders, give two to three gentle squeezes, squeeze and light shake indicating the struggle to release the foot.*

Then Abby settles down and begins to think and think about what to do, and finally the answer comes. She knows exactly what to do to set her foot free. She remembers the KISS BREATH that her loving grandmother taught her.



Abby takes a big deep long breath through her nose filling up her whole belly. Then pressing her lips together she uses her powerful breath to blow out a KISS that goes all the way down to her foot.

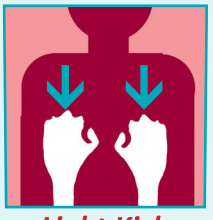
* red type indicates Storyteller-Child activity

At that moment, she is surprised to see that the cloud is starting to relax around her foot.

Feeling even stronger, she takes a deeper and longer breath through her nose filling up her belly. Once again, she makes a kiss with her lips and blows all of her powerful breath down toward her foot. Abby's eyes widen in amazement as the cloud suddenly lets go of her foot.

Proud and happy, she throws herself onto the loveliest, most fluffiest cloud in the whole beautiful sky and feels herself being rocked back…and forth…and back…and forth as she drifts slowly down…and…down, through the house, and into her bed where she is safe and protected by the warmth of the cozy blankets tucked right up to her heart.

*Storyteller-Child Activities



Light Kick

Light Kick: *With a fist, use both hands to gently pound the upper back. (Take care not to hit the spine.)*

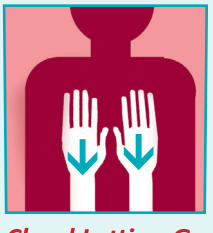
Kiss Breath: *Have the child take a breath in through the nose, and then make a KISS with the lips and blow out the breath.*



Relaxing Cloud

Relaxing Cloud: *With both hands give the shoulders a few gentle squeezes.*

Stronger Breath: *Have the child take a big deep breath in through the nose, and then make a KISS with the lips and blow out a long exhale.*

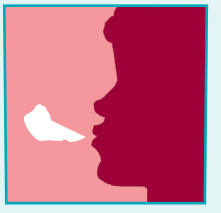


Cloud Letting Go

Cloud Letting Go: *With both hands brush downward from the top of the shoulders to the bottom of the back.*

Rocking: *Wrap arms around the child and sway together rocking from side to side.*

Heart Hug: *Wrap your arms around the child and give a warm hug, and/or have the child place both hands on his or her heart.*



Kiss Breath



Stronger Breath



Rocking



Heart Hug