Comet's 7 Gentle Pauses

Do them together, slowly and in a soft voice.
One for every planet of the journey.

1. **Moon:** Puff up your tummy like a full Moon… and let it out slowly. Twice.
2. **Mars:** Squeeze your hands as if you were holding red sand… then open them.
3. **Jupiter:** Stretch big, big… and then be tiny again.
4. **Saturn:** Draw slow rings on your tummy. One, two, three.
5. **Uranus:** Lie down on your side, like Uranus.
6. **Neptune:** Blow softly, very softly, like the wind going to sleep.
7. **Pluto:** Still as ice. Close your eyes and count to three.

Astro's 7 Little Questions

Pick one or two to talk about before sleep.
There are no wrong answers.

1. **Moon:** What was the loveliest part of your day?
2. **Mars:** What did you do with your hands today that you liked?
3. **Jupiter:** When did you feel brave today?
4. **Saturn:** Who would you like to thank for today?
5. **Uranus:** What made you laugh?
6. **Neptune:** Who would you give a magic fruit to?
7. **Pluto:** What would you like to dream about tonight?

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