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Cloud Babies

This resource was created to accompany the Green-Schools Ireland Global Goals Book Club.

www.greenschoolsireland.org



3 GOOD HEALTH AND WELL-BEING



Global Goal 3: Good Health and Well-Being



This resource is designed to inspire your classroom with engaging activities that support critical thinking and meaningful discussions centred around the Global Goal of 'Good-Health and Well-Being'.

Age Group: Pre-school, junior and senior infants, 1st Class, 2nd Class

Book List:

Included in this resource:

- Cloud Babies Discussion Questions
- Cloud Watching Activity Sheet - Cloud Babies
- Floating in the Clouds Guided Meditation - Cloud Babies
- Floating in the Clouds Activity - Cloud Babies

Global Goals Book Club and Global Goal 3: Good Health and Well-Being

Teaching children about Global Goal 3: Good Health and Wellbeing is important for laying the foundation for a healthier, happier future. Understanding the importance of physical and mental health helps children develop healthy habits early on. "The Earth Book" by Todd Parr aligns with this goal by emphasising how caring for our planet directly impacts our well-being. Through its beautiful illustrations and simple messages, the book teaches children that taking care of the Earth—like planting trees, recycling, and conserving water—not only benefits the environment but also promotes healthier communities. By connecting these practices to their own health and the health of others, children learn the interdependence of a clean, sustainable environment and personal wellbeing, encouraging a sense of responsibility and proactive attitudes towards a healthier world.

We would love to see pictures of your bookworms artwork and creations from the activities in our Global Goals Book Club. Please email any photos to globalcitizenship@eeu.an.taisce.org

Cloud Babies

Read or listen to the book 'Cloud Babies' by Eoin Colfer with your class. The questions below offer a guide for discussion with your class, along with some actions and activities to complete.



[Listen to the story here.](#)

Discussion Questions:

1. How do Erin's experiences in the hospital change her perspective when she returns to school?
2. Why do you think Erin's school friends seem different from her hospital friends?
3. What role do Erin's parents, teacher, and friends play in helping her adjust to being back at school?
4. How can sharing her experience with others help Erin find happiness again?
5. Why might some children find it hard to adjust after being in the hospital for a long time?
6. What are some ways you can support a friend who has been ill or in the hospital?
7. How do the "cloud babies" help Erin cope with her illness?
8. Why is it important for everyone to have access to good health care, like Erin did in the hospital?
9. How can activities like looking at clouds or other hobbies help people feel better when they are sick or sad?
10. What lesson do you think Erin learns by the end of the story about being herself and making friends?
11. What do you do when you feel sad? Do you have an outlet - music, art, sport etc.?

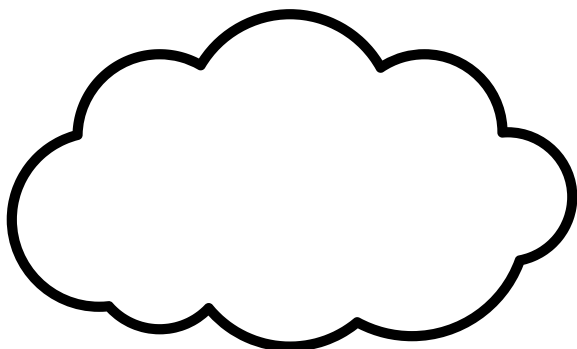
Cloud Watching Activity Sheet

Instructions

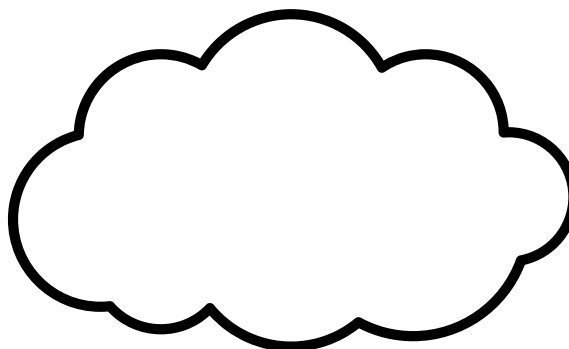
- Find a comfortable place outside where you can lie down and look up at the sky.
- Take a few deep breaths and relax.
- Watch the clouds and notice their shapes.

What do you see?

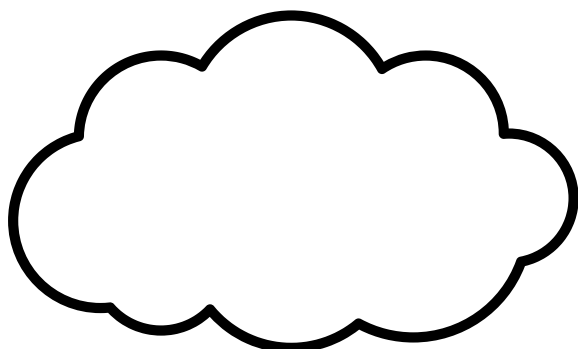
- Draw the shapes you see in the clouds below.
- Write a few words to describe each shape.



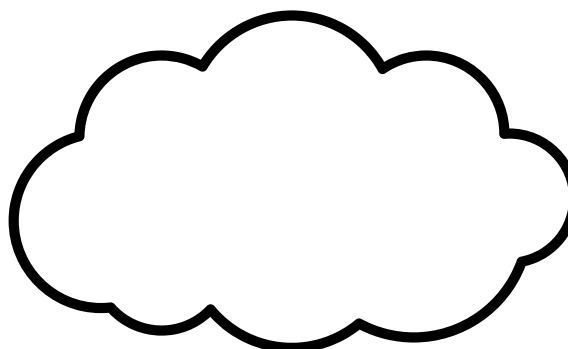
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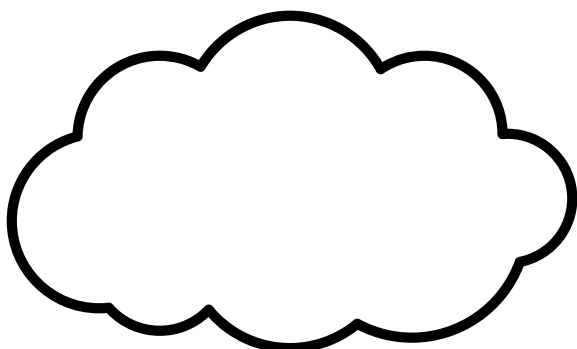
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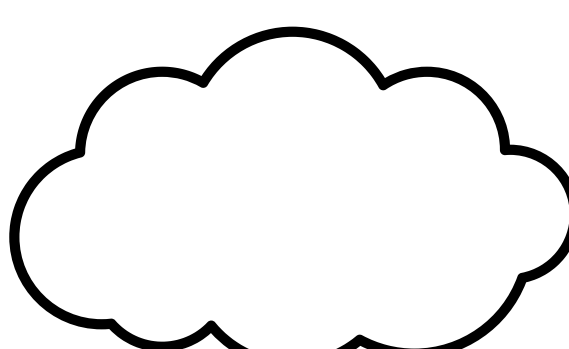
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Instructions

- Invite your students to sit or lie down in a comfortable position.
- Tell them to close their eyes and listen carefully as you slowly read the guided meditation about floating on a cloud, pausing between sections.



Guided Meditation Story: Floating on a Cloud

Close your eyes and imagine yourself lying down in a cosy spot. Take a deep breath in through your nose, and slowly let it out through your mouth. Feel your body becoming relaxed and calm.

Now, picture a fluffy white cloud floating gently in the sky above you. It looks so soft and inviting. Imagine yourself floating up towards this cloud, effortlessly rising higher and higher.

As you reach the cloud, you feel its gentle embrace beneath you. It's like lying on the softest bed you've ever felt. The cloud supports you completely, moulding to the shape of your body.

Look around from your cloud. What do you see? Below you, the world stretches out like a colourful patchwork quilt. You can see fields of green, rivers winding through the landscape, and maybe even some animals grazing peacefully.

Above you, the sky is a brilliant blue, with fluffy white clouds floating by like friends waving hello. Feel the warmth of the sun on your face and the gentle breeze brushing against your cheeks.

As you lie there, you feel completely safe and peaceful. Any worries or thoughts that were bothering you seem to float away with the wind. All that matters now is this moment of calm and peace.

Stay here for a few moments, enjoying the feeling of relaxation and contentment. Take a few more deep breaths in and out, feeling grateful for this peaceful time on your cloud.

When you're ready, slowly begin to bring your awareness back to the room around you. Wiggle your fingers and toes, and gently open your eyes. Carry this feeling of peace and calm with you as you continue your day.

Remember, you can always come back to your cloud whenever you need a moment of relaxation and peace.

Instructions

- Invite your students to sit or lie down in a comfortable position.
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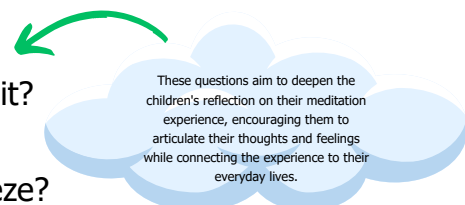
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Next Steps - Imagining your cloud

1. Invite your students to imagine they are still lying on their cloud and reflect on their cloud journey.
2. Ask them:
 - How does it feel?
 - What did your cloud look and feel like? How did it feel to lie on it?
 - What did you see when you looked down from your cloud?
 - How did it feel to be surrounded by the sky and the gentle breeze?
 - Did you notice any thoughts or worries drifting away while you were on the cloud?
 - What was your favourite part of floating on the cloud? Why?
 - How did you feel when you were asked to come back to the room?
 - Would you like to visit your cloud again in the future? Why or why not?
 - What did you learn about yourself or how you feel during this meditation?
 - How could you use the feeling of calmness from this meditation in your everyday life?
 - What other places or environments make you feel calm and peaceful like the cloud did?

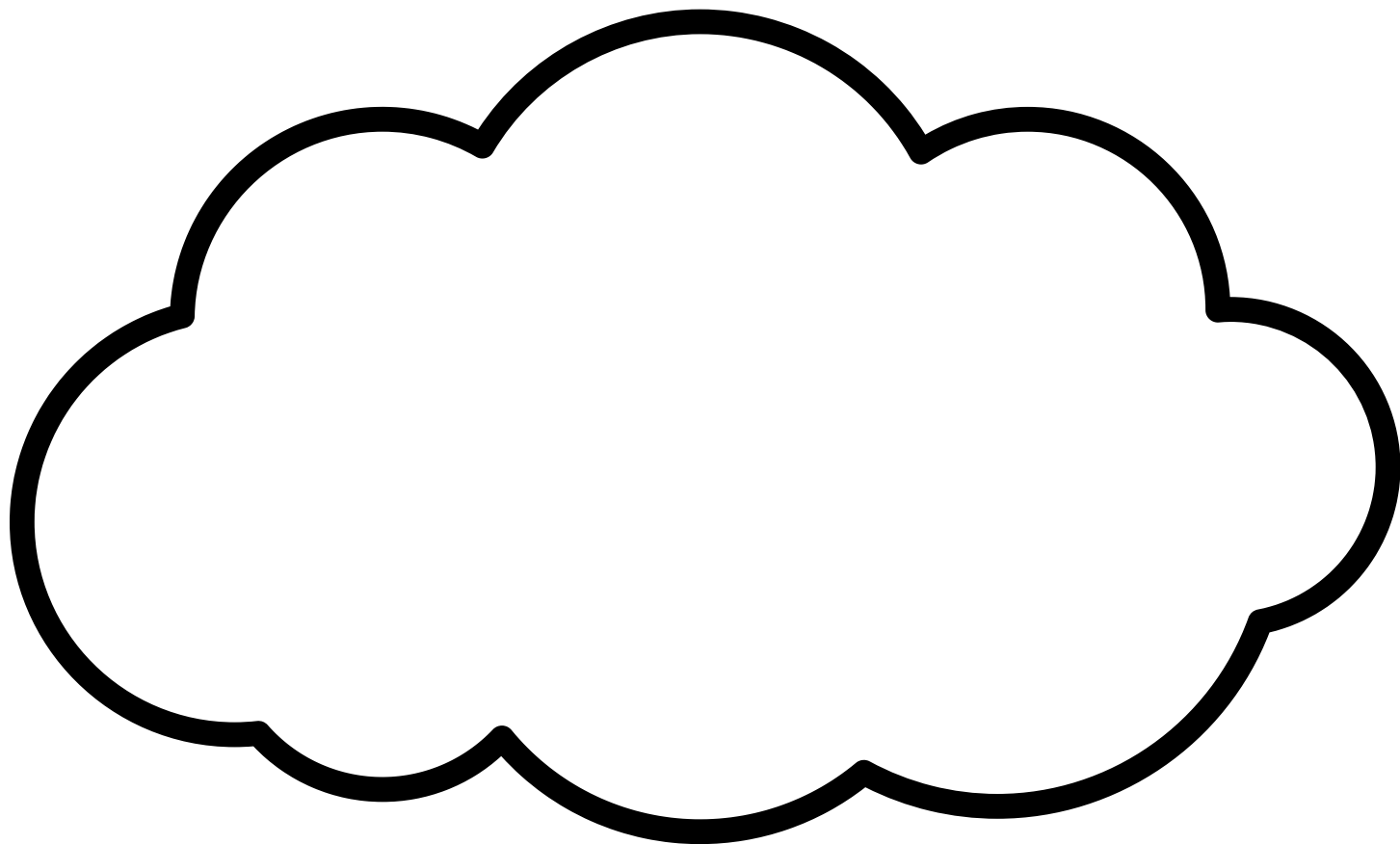


Your Cloud Journey - Floating in the Clouds Activity

1. On the 'Floating in the Clouds Activity Sheet', invite your students to draw themselves on their cloud and write a few words to describe their cloud journey. Here are some prompts to help:
 - Describe your cloud in detail. What shape was it? What did it feel like to lie on it?
 - What did you see around you while you were on the cloud? Were there other clouds, birds, or things in the sky?
 - How did you feel when you were floating on the cloud? Were you calm, happy, or excited? Why?
 - What did the sky look like above you? Did you see the sun, stars, or any other elements in the sky?
 - Were there any sounds you heard while you were on your cloud? What were they?
 - Did you imagine any special features on your cloud, like magic powers or friendly animals?
 - What thoughts or worries did you notice drifting away while you were on your cloud? How did that make you feel?
 - How did you feel when it was time to come back from your cloud journey?
 - Would you like to visit your cloud again in the future? Why or why not?
 - How did imagining yourself on a cloud make you feel? Did it remind you of any other times you felt calm or happy?

Floating in the Clouds Activity Sheet

My Cloud



My Cloud Adventure
