My Mind Is A Clear Blue Sky
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My mind is a clear blue sky (2X).
And the clouds come,
And the clouds go.
And my mind is a clear blue sky.
My mind is a clear blue sky (3X)
And the thoughts come and the thoughts go.
My mind is a clear blue sky (3X)
And the storms come and the storms go.
And my mind is a clear blue sky.
And the fear comes.
And the anger comes.
And the joy comes.
And I breathe in (breathe in)
and I breathe out (breathe out)
And my mind is a clear blue sky.

HAND MOTIONS:
Right hand crosses midline to touch left knee, then arcs up and over to the right like a rainbow. Repeat with left hand to right knee. Two hands/arms extended in front, soft fists, bouncing along like clouds. Repeat rainbow arcing right & left. Fingers extend in front, wiggle busily back & forth, or open & close fingers like a chattering bird. Use your imagination from here on! (Hands/arms extend forward like an embrace,, and "scoop" air toward body) (Reverse process- release air away from body)

Many spiritual teachings describe a purity, a spaciousness and a calm at the center of us all, which can become clouded, disturbed and frayed by the passing emotional and physical agitations of life. The imagery of the sky and the clouds, linked to thoughts and feelings, gives children concrete language for the feeling "weather" that passes through them. The hand motions of the song further concretize their experience, and the right-to-left sky motion, crossing the midline of the body, provides additional benefit to brain development and organization.