

> family to attend and participate in. If you get the opportunity on holiday to go up a high mountain (perhaps in the Alps), you will experience 'thin' air and find yourself breathless with very little physical effort. Do you have a tree that would accommodate a tree house? Build one and enjoy stargazing from your lofty perch. Some holiday destinations now offer tree houses to sleep in if you don't have a large enough tree handy at home. For something more spiritual, try a simple form of meditation where you focus on your breath and nothing else for a few moments – and see how you feel as a result.

Take the time to explore this element that is invisible but essential, wild and gentle by turns, and learn the skills necessary to interact with it to your own and your family's fullest potential. ●

Celebrating air all year

In the hot summer weather use whatever you have to hand to rig up a cooling device that everyone takes turns to operate (peeled grapes and togas optional!). Go to festivals that showcase hot air balloons, kites or aircraft. Attend the Scottish Windfest – family friendly and full of amazing events including kitesurfing. In the autumn enjoy the leaves blowing about and try to catch them in mid-air. In winter go sledging to feel the wind rush past you. Can you create an air party for your family and friends using the activities listed above? Good stories to read together include *The Goose Man* by Elaine Greenstein (based on a true story about a man teaching baby geese to fly), *Bubble Trouble* by Margaret Mahy for the youngest family members, and *The Wizard of Oz* by L. Frank Baum, in which a cyclone takes Dorothy to a magical land.



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For more ideas and how-tos for the activities mentioned visit www.pinterest.com/melissaaddey/playing-with-the-elements-air

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