

Enchanted Forest Meditation (Child)

This 9-minute audio can help your child practice mindfully breathing while relaxing and listening to a guided meditation.

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Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player.

Use the following chart to record your child's daily practice. Make several copies of this chart and keep a record of the time they spend practicing this technique until it becomes a habit. Note your child's general mood, both before and after their daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

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Welcome, explorer, to a wonderful journey through your imagination!

Find a comfortable spot to relax and close your eyes. Take a deep breath in and let it out slowly.

Breathe in and feel your belly expand, then breathe out with a whoosh of air. Do this for a few moments.

Are you ready? Let's embark on our enchanted forest quest!

Imagine that you are standing at the entrance of a magical forest. The trees are a brilliant emerald green. You can hear birds singing, and as the wind whispers through this forest, many curious creatures watch as you step forward into the forest.

As you take a few steps forward, you feel the soft grass beneath your feet. The gentle, cool breeze brushes against your cheek. The forest beckons you with its promise of mystery and adventure.

Look around and notice the towering trees that seem to touch the sky. Their branches intertwine like a canopy, creating a magical tunnel filled with dappled sunlight. Take a moment to appreciate the beauty of nature surrounding you. Notice what scents and sounds surround you.

As you venture deeper into the forest, you come across a path lined with luminous stones. They glow in various hues, illuminating the way with their enchanting light. Follow the path and let their glow guide you.

You decide to pick up one of these rocks. Notice how it feels in your hand. Is it smooth? Cool? What color is it? It is the most beautiful rock you have ever seen! Place it in your pocket. Is it heavy?

As you walk, you notice tiny woodland creatures peeking out from behind bushes and trees. Squirrels scamper playfully, birds sing their melodious tunes, and rabbits hop with joyful abandon. You even see a fox, and a deer is drinking from the bubbling stream. Feel a sense of harmony and connection with these animals as you continue your journey.

You cross the stream by walking across a wooden bridge. Pause and take in your surroundings. What else do you see?

Ahead, you spot a shimmering pond, its surface like a mirror reflecting the world around it. Approach the edge of the pond and dip your hand into the cool, sparkling water. As you do, ripples dance and create a symphony of mesmerizing patterns. You notice a large turtle. It appears to be staring at you! You also notice a symphony of croaking frogs.

Imagine yourself shrinking down to the size of a delicate bird. With a sprinkle of magical dust, you take flight and soar above the forest, feeling the wind gently caress your face as you explore the canopy of leaves.

As you fly, you discover a hidden waterfall nestled between two ancient trees. Its cascading waters sparkle like diamonds, and a misty rainbow arches across its path. Hover near the waterfall and feel the refreshing spray on your skin.

Descending from the sky, you find yourself in a serene glade, where a circle of colorful flowers blooms. Each flower holds a unique power, radiating positive and soothing energy. Take a moment to choose a flower and hold it gently in your hand. Feel its beauty infuse your being, filling you with confidence and joy. Smell the flower. What color is it? How does it feel in your hand?

Continue taking slow, deep breaths. In and out. Imagine you are surrounded by the scent of the lovely flowers that surround you in this glade.

Leaving the glade, you venture into a grove of whispering trees. They share tales of bravery, wisdom, and friendship. Sit beneath their strong branches and listen intently, absorbing their ancient knowledge and the comforting wisdom they offer.

As you say goodbye to the grove, you notice a hidden cave entrance amidst the foliage. Curiosity beckons you inside. With cautious steps, you enter the cave and discover a treasure trove of glowing crystals and shimmering gemstones. Marvel at their beauty and take a moment to imagine the dreams they hold within.

What are your dreams? If you were granted one wish, what would you wish for?

Leaving the cave, you find yourself back at the edge of the forest.

Take a deep breath, feeling the forest's energy coursing through your body.

Slowly open your eyes and carry the wonders of this adventure with you, knowing this enchanted forest will always be a part of your imagination.

Remember, your imagination holds endless possibilities. Continue to explore, dream, and create your own adventures. The enchantment of the forest awaits, ready to transport you to amazing realms whenever you close your eyes and believe in the power of your imagination.