

MEDITATIONS FOR KIDS

Help Children With:

- Anxiety
- Healing
- Emotional Regulation
- Sleep Problems
- Managing Anger
- Focus & Attention

15 RECORDED AUDIOS AND SCRIPTS
TO HELP CHILDREN SELF-CALM

BY ANGELA M. DOEL, M.S.



Meditations for Kids

15 Recorded Audios and Scripts to Help Children Self-Calm

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Introduction

This book is designed to introduce children to the transformative power of mindfulness and meditation. Within its pages, you will find fifteen audio files and the associated scripts tailored to the unique needs and interests of children. My primary goal is to help children learn to:

- **Calm Down.** The meditations in this workbook offer practices that teach them how to find a sense of calm, even in the most turbulent moments.
- **Focus.** The ability to concentrate on tasks is an essential life skill. Through meditation, children can enhance their attention spans, improve their academic performance, and ultimately reach their full potential.
- **Reduce Angry Outbursts.** Anger is a natural emotion, but learning to manage and channel it constructively is critical for success in many areas of life. This workbook includes meditations that encourage self-reflection, allowing children to respond to challenging situations with grace and understanding.
- **Self-Regulate.** Self-regulation is the cornerstone of emotional intelligence. By exploring their feelings and emotions through meditation, children can develop the tools needed to navigate the complexities of their inner world with confidence and resilience.
- **Increase Emotional Awareness.** Developing emotional awareness is vital for healthy relationships and personal growth. The meditations in this book help children recognize and understand their feelings, fostering empathy and self-compassion.

The meditations in this book were created with the utmost care and expertise, drawing upon the latest research in child psychology and mindfulness practices.

By introducing these practices the daily lives of children, you provide them with lifelong skills that can serve as a compass, guiding them toward a future filled with self-awareness, emotional resilience.

I am excited to be a part of your child's mindfulness journey!

Angela M. Doel, M.S.

Between Sessions Resources, Inc.

Big Emotions

This 9-minute audio can help your child practice managing big emotions like anger, frustration, sadness, and more.

[Click here to listen to this audio.](#)

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.

Meditation Script

Close your eyes and take a nice deep breath.

Allow your tummy to fill up like a balloon, and then exhale slowly.

Do this five times to really relax your whole body completely.

You'll notice how your body begins to feel deeply relaxed and sinks down further and further.

Your legs begin to feel heavy too.

Your arms now begin to feel heavy and very relaxed.

You enjoy every moment as your body continues to relax with each word I say.

Imagine you're a beautiful dragonfly fluttering about the sky.

You see the lovely green valley below you with lots of colorful flowers, just waiting for you to enjoy. You feel the wind blow against your delicate, lace wings. As the wind touches you, it gently blows away any worries, any stress you feel.

Enjoy how wonderful it feels to be free.

Your mind is so clear and calm.

You are completely peaceful.

You look and feel so beautiful as you allow your true happiness to shine through.

Gliding on the peaceful wind reminds you that you can feel this way anytime you want.

We all experience moments where we feel big emotions, and that's ok.

But you also know that you can deal with those big emotions by breathing deeply, or slowly counting to 5 while you allow yourself to calm down a little before you talk things out with someone you trust.

All these things help us keep calm and feel good even when we feel very strongly about something.

We all experience many emotions every day. There is nothing bad about any emotion. We just need to realize that we are in control of the emotion and the emotion is not in control of us.

As you continue to fly along as a dazzling, beautiful dragonfly, notice now how the sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it. The earth is a patchwork of color, and you enjoy each moment here, gliding along feeling so joyful and peaceful.

You spread your wings far and stretch. It feels so good. You are ready for an extraordinary day.

Take a deep breath now and exhale slowly.

Take another nice, deep breath, and as you do, imagine yourself floating weightlessly above the green valley, just like the graceful dragonfly. Feel the warmth of the sun on your face and the gentle breeze caressing your skin. Let go of any remaining tension as you exhale slowly.

As you continue to glide effortlessly through the sky, notice the vibrant colors of the flowers below. Each hue represents a different emotion, and you embrace them all with acceptance and understanding. Just like the dragonfly, you can experience a wide range of emotions, and each one serves its purpose in your journey.

Take a moment to acknowledge any emotions that you might be feeling right now. If there's any heaviness or unease, imagine them gently dissolving and being carried away by the soft wind. Allow yourself to be present in this moment, fully aware of your thoughts and feelings without judgment.

In this peaceful state, you realize that emotions are like passing clouds in the vast sky of your mind. They come and go, but you remain anchored in the stillness within you.

The more you practice mindful awareness, the more you understand that emotions don't define you, nor do they control you. You are the conscious observer, the steady presence amidst the ever-changing landscape of emotions.

As you fly higher, soaring towards the fluffy clouds, you notice how expansive the sky is. It represents the boundless potential within you, the unlimited capacity to experience joy, peace, and happiness. Remember that you have the power to tap into this vast reservoir of positivity and calmness at any time!

With your sense of inner peace, you recognize that life is an adventure filled with possibilities. Just like the dragonfly exploring the valley, you can embark on a remarkable journey, guided by your clear and calm mind.

As you move through your day, carry this feeling with you, knowing that you can face any challenges that come your way with grace.

Take one final deep breath, feeling the energy of this serene flight infusing every cell of your body. Hold this feeling of peace close to your heart as you slowly bring your awareness back to the present moment.

When you're ready, gently open your eyes and stretch your body, feeling refreshed and rejuvenated. Carry this peaceful state of mind with you throughout the day and remember that you have the power to stay calm in any situation.

As you go about your day, whenever you feel the need, take a moment to pause, take a deep breath, and remind yourself, "I am peaceful, and I am calm, ready for wonderful adventures!" Embrace the dragonfly's wisdom and continue to soar through life with a sense of inner harmony and joy.

Take one final deep breath now, and exhale slowly. When you are ready, give your body a big stretch. With a clear, calm mind, say these words to yourself, "I am peaceful, and I am calm, ready for wonderful adventures!"

Climb the Confidence Ladder

This 13-minute audio can help your child feel more confident as they “climb” a ladder during a soothing meditation.

[Click here to listen to this audio.](#)

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.

Meditation Script

Find a spot and get comfortable. You may lie down on the floor on a rug or mat or relax on a sofa or your bed. If sitting up works better for you, do that. Wherever you choose, take a moment to get settled and happy.

With your eyes open, take some nice big deep breaths. In through your nose and out through your mouth. And again. And one more. This time as you breathe out, let your eyes gently close. Well done!

See if you can notice a nice snuggly feeling in your body as you rest here. Feel how the floor, your bed, or the chair is holding you and supporting you. Let your body sink down even further. Let it hold you, making yourself completely heavy and relaxed.

Maybe you can feel little tingles moving through your fingertips, up into your arms, your shoulders, neck, and head, then down into your chest, your tummy, down your legs right to the ends of your toes. You are becoming more and more calm and comfortable.

You are so comfortable that it becomes easy to drift and dream. Now that you are relaxed the door to your dreams can open and you get to play and explore.

Let's see what is there.

You see a ladder that's leaning up against a wall. It's fastened to the wall, so it won't move. It's very sturdy and strong. It has handles as well so you can climb this ladder easily. It's very safe.

With each step up this ladder you are going to remember a special time that made you feel really happy and confident. Like you could do anything.

There are five steps on this amazing ladder. And when you get to the top, you are going to feel super strong and happy!

Are you ready to climb? Here we go!

As you put your foot on the first step of the ladder you remember a time at school when you did something you were really pleased and proud of. Maybe your teacher praised you, or maybe you created something special. Maybe it was reading or writing. Perhaps you did really well in a game or sport. See if you can remember it now. What did you do?

And as you think about it, can you feel that proud feeling now again? That feeling spreads all through your body. Breathe into that feeling. Remember how happy you were.

Now, reach up to take the next step on the ladder. As your foot lifts onto the second step on the ladder, see if you can remember a time when you did something amazing with your body. Maybe it was running really fast, winning a race, or catching a ball. Maybe you scored a goal for your team. Think of that thing now.

Feel how good that felt. The joy of doing something amazing in your body. It feels good, doesn't it? Would you like more of that amazing, strong feeling? Well, you can experience that again. Go on, double the feeling! Great!

Now up you go to step number three. As you climb, see if you can remember a time when you managed to do something you had been trying to do for a long time. Imagine practicing over and over again, hoping to get there. Like riding your bike without training wheels or playing a musical instrument. Or swimming the whole width or even length of a swimming pool. Maybe reading a whole book by yourself. You found you finally could do it. After all the practice. It felt awesome. You were so excited, happy, and super proud of yourself.

Feel that feeling again here with the memory. Breathe into all your strength and all your confidence. How good does that feel? Let it fill you up.

Now get ready for step number four. What will you find here? You place your foot on the step, and you think of something you have made. Maybe a drawing you've done, or a cake you baked. Or something you built like a Lego project or a cool model out of cardboard, glue, and other craft supplies. Perhaps you wrote a story. Whatever it was, think about it now.

Remember how everyone said it was really good. You felt so happy and proud. You made something! You put it together and made it so good. Bring that feeling in now. That happy, satisfied, proud feeling for what you can do. Enjoy it here again by breathing into it. Feel those good sensations whoosh around your body. Bring those good feelings with you as you have one more step to take!

You have reached step number five. Are you ready? Now think of a time when someone in your family told you how proud they were of you, or how much they loved you, or how special you are to them for simply being you. Imagine making someone so happy just because you are a very special person. How did this feel? Imagine that warm happy feeling now. You felt confident then, and you remember the wonderful way you felt when you think of that right now.

You can do anything. You're amazing. You've done so well. Now you are at the top and you can climb over the wall into tomorrow. You are so strong, brave, and confident. Your face is happy and smiling as you make new friends. Listen to your voice as you speak and share your ideas. See yourself happily raising your hand in class.

It's so exciting for you to do all these things easily. You have nothing at all to worry about! Your strength and confidence grow every day. I wonder if it will surprise you when you notice it happening or will it just feel natural that you are so confident now?

Take a couple of nice, deep breaths. In and out.

It's time to return now. Notice all the energy coming back into your body. Your fingers are wriggling, and your toes are, too.

Stretch your whole body long, enjoying the feeling of movement.

Take one last big breath in and sigh it out. Roll yourself up to sit as you open your eyes.

Take a moment to feel what you feel now. Remember the great feelings you were having during this meditation. They are with you now.

The Enchanted Forest

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

[Click here to listen to this audio.](#)

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.

Meditation Script

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 the 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 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.

Rainbow Waterfall Feelings Meditation

This 9-minute audio can help your child notice changes in their feelings, and where they might experience sensations in different parts of their body related to their feelings.

[Click here to listen to this audio.](#)

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.

Meditation Script

It's important that you feel really comfortable. So, find yourself a nice position. You can lie on your back, or your side, or just sit. You decide what feels good and then get settled in.

Do any last fidgets or wriggles. That's it! Move around and get all the wiggles out. Just so you feel happy to be still for a few minutes. You will spend just a few magic minutes and your body and brain will be calm.

Let's get ready to open the special door in your mind so you can go on a fun adventure.

Start with your eyes open. Take some big deep breaths in through your nose and out through your mouth.

In through your nose and out through your mouth. That's it.

The next time you breathe out, let your eyes softly close. Make sure your body is as floppy as can be. Your arms and legs feel so heavy! If I picked them up, they would feel like cooked spaghetti! That's super floppy.

Now you're as floppy as can be and your eyes are closed. Listen to my words and follow the journey. Let all the pictures appear in your mind. If you can't see anything in your mind right away, don't worry. Just be peaceful, breathe, keep listening. After a while they will start to appear.

Now we will begin.

You are standing in a forest. Everywhere you look you see trees. Tall and sturdy brown and gray tree trunks with branches covered in bushy vibrant green leaves. The sunlight peeps through the leaves of the trees, making it look so magical.

You hear rustling and see a little squirrel busy looking for something in the fallen leaves on the ground. Maybe she is making a nest or looking for food, you think. She finds whatever she was looking for and darts up one of the huge tree trunks. She runs up the tree back to her home among the branches.

You continue following the path that winds through the forest. It leads you to the edge of a narrow stream. The water trickles along, bubbling and babbling over the pebbles. Where is it going? You wonder.

You keep following alongside it on the path. And the water begins to flow even faster. Now you see where it's going. You hear it too. It whooshes over a big rock, making the most beautiful waterfall which lands in a pool below.

You climb down the side of the waterfall and sneak in behind the falling water to stand on a flat rock right behind it. Here you see the sunshine meet the waterfall, creating an amazing and beautiful rainbow right before your eyes!

You take a breath and step forward into the waterfall and you feel the rainbow wash over your body. The water feels fresh and cool. And the colors of the rainbow bring a magical warmth. You feel each color run through you. Each color feels different. Notice how they feel in your body now.

First is Red. It's like a spicy red pepper. Then the color Orange, which is like a juicy and warm orange. Now Yellow, which is like a warm hug from the sun. Green feels like soft grass. Next is Blue, which is icy and serene. Then Indigo, which is cool and comforting. And finally Violet, which is soothing and smells nice! How did each of these colors make you feel?

Now, invite ALL the colors in! You feel them all as they wash and flow through around you. Your body feels lighter and sparkles as your worries disappear.

You step back from the rainbow waterfall, and you feel peaceful and clear. You're amazed because you're completely dry! It's magical.

You smile and remember how the colors created different feelings inside you. It's so good to notice your feelings and see where they come from.

Your time here at the rainbow waterfall has helped you learn more about your feelings and maybe even notice where in your body you feel them.

It's time to return. Just notice your body right now. How your body feels where you are lying or sitting. Where it touches the floor or the chair beneath you. Do you hear any sounds around you?

Take a big breath in and sigh out of your mouth.

Now gently open your eyes. As you begin to move, take a nice big stretch. Take a moment to relax and think about how you feel. Maybe you feel a little different to how you did before? Do you feel calmer, maybe even a little tired? Be pleased with yourself for taking this time to give your body and mind a special treat.

Focus on the Calming Sunshine

This 8-minute audio can help your child calm themselves after experiencing intense emotions.

[Click here to listen to this audio.](#)

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 it whenever your child needs to calm themselves down.

Meditation Script

You can listen to this meditation anytime to calm down and refocus. First, whether you decide to sit or lie down, get very comfortable. If you are sitting, make your back nice and long. If you are lying down, get settled so you are happy to be still.

Now that you are in a comfortable position, gently close your eyes. To start, let's look at what is happening right now in your mind.

I am going to ask you some questions. All you must do is think of your answers. There is no need to answer out loud.

What thoughts are in your mind right now?

What are you thinking?

Remember thoughts are like bubbles. They pop up and then float away or burst! Simply look at your thoughts. Just notice them, as though you're standing at the side of the road watching cars zooming by. Each car is a thought, and you are simply watching them all.

There's a thought. And there goes another!

What feelings are here right now for you? Take a good look at them. Whether they are peaceful feelings or are challenging feelings that don't feel very nice.

Just look at them. There is no need to change them. They are all allowed here.

Now see if you can notice those feelings in your body. Imagine you are shining a flashlight over all the different areas. Take a close look.

Is there anywhere in particular that you spot? Do you notice any tightness or tension? There is no need to change it. Just look at it.

Now you are going to focus even more, using a laser sharp focus.

First feel your breathing. Your tummy is lifting and lowering with each breath.

Keep your laser focus on your breathing. Feel it coming in and going out.

For each and every breath, see it, watch it, and follow it.

If your brain decides to wander off to your thoughts, that's okay.

See if you can spot when that happens and come back to this simple focus. Just focus on your breathing. In and out. In and out. Well done. You're doing a great job.

See if you can imagine that your breath has made a big warm sunshine light up inside you. It's right in your middle.

Now let's see if you can you make the warmth spread through your whole body. Like you are sending the sunshine down your arms to your fingertips. Down your legs to your toes. Up into your head and around your face. Like you are filling yourself up with light and goodness.

Now see if you can beam that warmth and sunshine further out. Allow it to fill the room you are in, the building, the street, the town, and the country you are in. Spread that warm gold sunlight across the whole world. Let it spread into the universe.

You are making this sunshine glow and grow, beaming so much light and warmth.

You are creating and sharing so much goodness. You realize everything will be fine.

Take a few more deep breaths, in and out. Slowly breathe in, and slowly release the breath through your mouth. Very good!

Now, slowly open your eyes and look around. How does your body feel? Are you relaxed?

You are ready for whatever's next with a clear mind and a strong heart.

Well done for helping yourself come back to being the best you can be!

The Magic Treehouse

This 11-minute audio can help your child express how they feel and develop trust in the world.

[Click here to listen to this audio.](#)

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 it whenever your child needs to express their feelings.

Meditation Script

It's time to enjoy a special story using our imaginations. You are in this story.

First, let's find a comfortable spot to lie or sit down. Make yourself as comfy as possible. Now make your body all floppy and relaxed. A fun way to do this is to pretend you're a marshmallow person. That's right. Just like you are made of marshmallows. Imagine you have soft squishy arms and legs. Your body feels like a pillow, and you have a squishy squashy marshmallow soft head! You're super soft and gooey.

Now that you're as soft as a marshmallow, keep your eyes open and take a few big deep breaths. In through your nose and out through your mouth. Can you do two more?

On your next big breath out, let your eyes gently close.

Now you are as relaxed as can be, so your mind can play and take you on a fun journey.

Are you ready? OK...let's begin.

You are standing in a beautiful garden. There are colorful flowers everywhere. There are all sorts of colors, including yellow flowers, blue petals, red buds, and green stems. Everywhere you look you notice their bright colors.

They are all different sizes too. Some have tall skinny stalks with big red heads. Others are small, tiny flowers all bunched together in clumps.

You breathe in and smell their sweet scent. All the flowers smell lovely.

It's a warm summer's day. The air feels warm on your skin. You can hear a few birds chirping in the trees. They are happily singing and tweeting. Some sounds are far away, and others are closer to you.

You start to walk through your garden along some round steppingstones that make a winding path down into the very back of the garden. Flowers line the path, and you take in their colors and aromas along the way.

At the end of the path is a huge tree. The trunk is so wide, you'd have to make your arms as wide as they go to reach around the sides of it. The tree is very tall and has many thick branches. The leaves are bright emerald green and form a canopy.

You see there is a ladder made of rope and wooden steps dangling down the trunk. Hmm. You think it might be fun to climb this ladder. Where will it lead?

You step up onto the first wooden step of the ladder and carefully you start to climb up. When you reach the top, a large branch creates a pathway leading you to a front door. This is a house! It's a treehouse! Like a real house but in a tree!

You wonder who lives here. You decide to turn the doorknob to open the door. Inside is a big room with pictures on the walls, soft and squishy cushions on the floor, and a large comfortable chair. What a cozy place this is!

Sitting in the chair is someone you know and love. They are very special to you. They are smiling and they are very happy to see you. This person makes you feel very safe and happy. Who is it?

After giving them a big hug, you sit by them on the soft squishy cushions. You take a moment to enjoy being here and then you think of something. A question you have or something you've been wondering about. This is a person you can ask anything and share any information you wish. You know they love you and will understand and be happy to help you.

As you ask or tell them what it is you wish to say, they listen to you very carefully. Smiling kindly, nodding gently, and hearing your words. They understand exactly what you are trying to say. It feels so good to share your thoughts and be understood. To have the time to think, talk, and be listened to.

When you have finished asking them your question or telling them your thoughts, they say something to you. Whatever they say makes you feel good about yourself. You understand better now and feel happy you shared. It feels good to have someone actually listen to everything you say! This person understands you. Talking to this person has been fun and helpful. They smile at you, and you smile back.

This is your magic treehouse, and you can come back here and see your special person whenever you want or need to.

Now you know how much it helps to talk about things and ask questions. You decide that next time something is on your mind it will be a good thing to share it with someone you love and feel safe with.

Feeling so happy about having this special place, you say goodbye. You walk out, close the door behind you, return down the big branch pathway, and climb carefully down the ladder into the beautiful garden.

As you stand there, the flowers are all around you. You enjoy the warm sunshine, and you take a moment to notice how you feel. You breathe in, and then breathe out, feeling peaceful and calm.

Now it's time to return. Notice how your body feels sitting on the chair or how the surface feels beneath you.

Can you hear any sounds around you?

Take a big deep breath and sigh out from your mouth. Stretch your body and wiggle your toes and fingers. Slowly open your eyes.

Now, for just a moment, think about how you feel. Do you feel different to how you did before? Perhaps you feel sleepy? Or maybe you wanted to stay a bit longer in your Magic Treehouse? Maybe your mind was busy when you were listening, and you were thinking of some other things. That's OK.

Remember, you can return to your Magic Treehouse any time you want to. It is your safe space, and you can share anything that's on your mind.

Rainbow Visualization

This 16-minute audio can help your child relax by visualizing the colors in a rainbow.

[Click here to listen to this audio.](#)

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 it whenever your child needs to feel calm and safe.

Meditation Script

Today, we're going to practice a special technique called visualization. This means that we'll use our imaginations to create a calming and positive image in our minds.

Do you know what a rainbow is? It's a beautiful natural phenomenon that happens when sunlight and water droplets come together in the sky. Rainbows have seven different colors: red, orange, yellow, green, blue, indigo, and violet.

In this meditation, each color of the rainbow is associated with a different emotion. For example, red represents love and happiness, orange stands for creativity and joy, yellow symbolizes confidence.

We will explore these inner emotions by using our imagination to visualize a rainbow in front of us. We will focus on each color and connect with the positive emotion that it represents. By doing this, we can fill ourselves up with positive energy and feel more relaxed and happy.

Find a comfortable place to sit or lie down, somewhere you won't be disturbed for the next few minutes. Make sure you feel relaxed and at ease.

When you're ready, take a deep breath in through your nose, filling up your lungs, and then slowly exhale through your mouth. Let's do this two more times.

Inhale deeply,
and exhale slowly.
One more time, inhale,
and exhale.

Now, I want you to close your eyes, or if you prefer, you can keep them open and look down at the floor. Take another deep breath in, and as you exhale, allow yourself to sink deeper into relaxation.

As we begin our meditation, thoughts and worries may come up in your mind. That's okay.

Just acknowledge them, and then let them go. Imagine putting them on a little cloud that floats away from you. You can come back to those thoughts later, but for now, let's focus on our breathing and our visualization.

Take a moment to feel your body and notice any areas of tension or discomfort. If you're feeling any discomfort, gently adjust your position to find more comfort. Wiggle your fingers and toes a bit, roll your shoulders, or stretch your neck.

Now, bring your attention back to your breathing.

Inhale deeply, and exhale slowly.

Keep breathing at a steady, relaxed pace.

Now imagine a beautiful rainbow appearing in front of you, peeking out from behind big white fluffy clouds. This stunning rainbow is arching gracefully across a vast blue sky. You can see the curvature of the rainbow as it arcs from one end to the other, almost as if it's a bridge connecting the earth and the sky.

The white fluffy clouds are scattered around the sky, and the sun is shining down, casting a warm and gentle glow over you.

You can feel the warmth of the sun on your face.

The air feels fresh and invigorating, and you can feel a soft breeze brushing against your skin, carrying the sweet scent of blooming flowers.

As you focus your attention on the rainbow, you can see each of its colors shining brilliantly.

Take a moment to soak in this beautiful and magical scene, feeling grateful for the gift of nature and the wonder of life.

As you're focusing on the beautiful rainbow, you see the color red. As you look at the red on the rainbow you can feel the warmth spreading through your body.

You can feel your heart filling up with love and happiness, just like when you're spending time with your family or friends.

Take a deep breath in,

and as you exhale, feel that love and happiness spreading throughout your body.

You might feel a smile forming on your face, or a warm sensation in your chest. That's the power of the color red, it can fill you up with positive energy and make you feel happy inside.

Your attention now turns to the color orange on the rainbow, and you feel it's warm and vibrant energy calling out to you. As you look at the orange on the rainbow, you can feel a burst of creativity and joy bubbling up inside you.

Imagine that you're painting a picture or building a tower out of blocks, and you feel excited and inspired to create something new.

Take a deep breath in,

and as you exhale, feel that creativity and joy spreading throughout your body.

You might feel your fingers tingle, or your body feel light and energetic. That's the power of the color orange, it can fill you up with positive energy and make you feel excited to explore your creative side.

As your eyes follow the rainbow to the color yellow, you feel a warm and bright energy radiating from it, filling you with confidence and hope.

Imagine that you're about to take on a challenge, like speaking in front of a big group or trying a new sport, and you feel strong and capable.

Take a deep breath in,

and as you exhale, feel that confidence and hope spreading throughout your body.

You might feel a sense of empowerment or a burst of energy in your chest. That's the power of the color yellow, it can fill you up with positive energy and make you feel ready to take on anything.

As your eyes reach the color green on the rainbow, you feel a soothing and refreshing energy emanating from it, enveloping you with a sense of peace and harmony.

Imagine that you're surrounded by nature, like a lush forest or a grassy meadow, and you feel calm and at ease.

Take a deep breath in,

and as you exhale, feel that peace and harmony spreading throughout your body.

You might feel your shoulders relax or a gentle breeze blowing through your mind. That's the power of the color green, it can fill you up with positive energy and make you feel grounded and tranquil.

Your gaze now settles on the color blue on the rainbow, and you can feel a sense of calmness and serenity spreading through you.

Imagine that you're near the ocean or a calm lake, and you feel relaxed and tranquil as you watch the water's gentle ebb and flow.

Take a deep breath in,

and as you exhale, feel that calmness and serenity spreading throughout your body.

You might feel your mind quieting or a sense of weightlessness in your limbs. That's the power of the color blue, it can fill you up with positive energy and make you feel peaceful and at ease.

Next you notice the beautiful indigo color on the rainbow, you feel like you have a special superhero power that helps you think creatively and make great choices. It's like you have a special superpower that helps you understand things and make good decisions.

Imagine you're in your favorite cozy spot, like a treehouse or a secret hideout, and you feel like you're surrounded by a magical world full of adventure and possibilities.

Take a deep breath in,

and as you exhale, feel that magic and wonder spreading throughout your body.

You might feel a spark of excitement in your heart or a tingle in your fingers. That's the power of the color indigo, it can fill you up with positive energy and make you feel like anything is possible.

Lastly you see the beautiful violet color on the rainbow. It makes you feel like your imagination is waking up and you're ready to create something special.

Imagine you're in a magical world filled with unicorns, fairies, and dragons, where anything you can imagine can come true.

Take a deep breath in,

and as you exhale, feel that imaginative energy filling up your body.

You might feel a tingling sensation in your toes or a fluttering feeling in your chest. That's the power of the color violet, it can fill you up with positive energy and make you feel like you can create amazing things.

Fully immerse yourself in the rainbow. Allow yourself to experience all the positive emotions that each color represents. Imagine yourself surrounded by the vibrant colors of the rainbow, feeling their positive energy flowing through you.

When you're ready, take one final deep breath in,

and as you exhale, feel all the positive emotions that the rainbow has brought you, filling up your body.

Remember that you can access these feelings anytime you want by simply picturing the rainbow in your mind.

When you're ready to end the meditation, slowly open your eyes and take a moment to come back to the present moment. Wiggle your fingers and toes, stretch your arms and legs, and take a few deep breaths.

I hope you enjoyed this rainbow visualization for positive energy. Remember to keep this positive energy with you as you go about your day, and always know that you have the power to create your own rainbow of positivity whenever you need it.

Red Balloon Meditation

This 9-minute audio can help your child relax and feel secure by visualizing their favorite place while on an adventure with a red balloon.

[Click here to listen to this audio.](#)

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 it whenever your child needs to feel calm and secure.

Meditation Script

Let's get really comfy. We are going to try a meditation, where we relax our bodies and allow our minds to imagine we are having a really nice dream while we are awake.

Find a quiet space and either lie down on your back or your side. You might want to sit either cross-legged or on a comfortable chair.

Let's take a moment to decide which position works best for you.

Now that you have found your spot, have a wriggle and a fidget so your body feels happy. When you're done wiggling, say goodbye to those fidgets and hello to the warm calm feeling you get when you relax and let your body come to stillness.

Rest and breathe gently. You can keep your eyes open for now if you like.

See if you can feel your breathing. You might need to slow it down a little so you can feel what it's doing to your tummy. Making it lift as you breathe in and lower as you breathe out.

Next time, as you breathe out, let your eyes softly close.

Well done. Now you can enjoy the adventure. With your eyes closed, your mind can make the pictures for you. You are outside playing in your backyard. And up in the sky you spot a red balloon floating. You can see it has a little string dangling down.

It's floating down toward you. You wonder, where did this balloon come from? Why is it here?

Now the balloon is right in front of you, like it's waiting for you to take it. You reach your hand forward and take hold of the string.

Now you feel the balloon start to rise again up into the sky. You don't let go and you feel it pulling you up too.

It lifts you right up onto your tiptoes and then your feet leave the ground, and you are floating too – just like the balloon.

Where are we going, you wonder? You relax and let yourself be carried, enjoying the cool air on your skin.

You see green fields down below, and the houses in your neighborhood grow smaller. You can see your friend playing with her puppy in her backyard!

You are above the treetops looking down on them.

Look just up ahead. You see your favorite place in the world. Only you know what your favorite place is.

It could be anywhere. You decide what this place is. See if you can imagine it now. What does it look like? Is there anyone else there? What does it smell like? What do you see?

The balloon takes you right to it, and you are lowered gently so you and the balloon are there now. Look around at this place.

What can you see? Can you hear any sounds? Are there any other people here? Are there animals here? Is this a place you enjoy all by yourself? Does it have a particular smell?

As you stand here with your red balloon, you soak up the goodness and joy of being here in your favorite place. How much you love it. Breathe into it. As you do, you feel completely happy. And with that happiness, you are ready to return with your balloon.

It starts to rise again, and you feel freedom as you float through the sky. Feeling the air on your face and the calm quiet of being up above it all.

The sun is warming your skin, and you see large fluffy clouds floating through the sky. You feel like you can almost touch them!

Your balloon has brought you back to your backyard. It lowers gently and you land on your feet, back in the same spot where the balloon found you. You let go of the string.

You feel thankful and happy that the balloon took you to a place that means so much to you, a place that you love.

The balloon starts to rise again. You smile and watch it go, wondering who it will meet next, and where it will take them. It gets smaller and smaller as it flies away and eventually disappears into the distance.

It's time to come back. See if you can notice any sounds around you now.

Notice your body. Where it touches the ground or the chair beneath you. Enjoy a stretch and a big breath in and out.

Gently open your eyes. Take a second to just notice how you feel. Do you feel different than before your adventure with the red balloon? It's been a real treat feeling all that happiness from visiting your favorite place. I hope you enjoyed it.

The Secret Garden

This 8-minute audio can help your child fall asleep.

[Click here to listen to this audio.](#)

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 it whenever your child needs to feel calm and safe.

Meditation Script

The sun is shining, the birds are singing, and you feel totally safe. You feel calm and at peace. You see a path in front of you. You notice the smooth pebbles under your feet, and you are captivated by the lush plants and majestic tall trees that gracefully line the way. You make your way down this path one step at a time. There is a soft, gentle breeze blowing and the air feels warm. You feel happy and peaceful.

Just ahead of you, you see a very long, very high wooden fence. Right in the middle of this fence at the end of your path is a huge wooden gate. You make your way to this gate now.

You still feel totally safe, calm, and at peace. One step at a time you head toward the gate, which leads to your secret garden.

You reach the gate and turn the large iron handle. You still feel safe, calm, and at peace. You push the gate open and step through to the other side, quietly pulling the gate closed behind you. As you look up and take a step forward you see in front of you your Secret Garden.

This is your secret place. Nobody else is allowed here but you. Take a look around. What do you see? Do you see flowers and trees? Is there a waterfall or pond? Are there animals in your garden? How does the grass feel under your feet? Why not take off your shoes and feel the soft velvety grass between your toes. The sun is shining, and you feel safe, calm, at peace.

As you take a couple of steps forward you notice a huge oak tree at the end of your garden. Make your way to that tree now. As you walk toward it, notice what you can hear in your secret garden. Can you hear birds or animals? Can you hear the wind gently blowing through the trees? Can you hear the water trickling down from a waterfall or perhaps you can hear the frogs croaking from their lily pads in the pond?

As you reach the tree you are amazed at its size. You stretch out your arms and realize its trunk is so wide you cannot even get your arms around it! You stretch out your arms and give it a great big hug before turning around and sitting at its base. Your back resting gently against the bark, knees bent to your chest with your toes playing with the grass underneath your feet. You take a deep breath in and breathe out. You feel safe, calm, and at peace. You have never felt this peaceful before!

Your secret garden is sprawled out in front of you and is made up of all the things you love in nature. Take another look around. Can you see anything different this time? You might like to add some butterflies, faeries, dragons, or other creatures you would like to see here. Breathe in

and breathe out. Take it all in. This is your secret garden, a place that is just for you. This is a place you can come back to at any time. You just must remember what it looks like and feels like here. What can you smell here? Can you smell the flowers? Maybe you can smell the rain? Do you smell moss, or the earthiness that surrounds you? Breathe in and breathe out.

It is now time to leave, so you make your way back to the garden gate. You feel so peaceful. You reach the gate and take one last look over your shoulder. You feel safe, calm, and at peace. You look back once more, turn the handle, and walk through, quietly closing the gate behind you.

You are back on the path now. Back to where you started. You still feel safe, calm, and at peace. Five more steps and you will be back.

Now, I will count down as you return to the present moment, opening your eyes to return to your day.

5...

4...wiggle your fingers

3...

2...wiggle your toes

1...open your eyes and take a big stretch.

Sleepy Time Meditation

This 7-minute audio can help your child fall asleep.

[Click here to listen to this audio.](#)

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 it whenever your child has a difficult time falling asleep.

Script

Find a comfortable place to lie down in your bed.

Feel the softness of your pillow and the warmth of your blankets around you.

Close your eyes and take a deep breath in, and slowly let it out.

Imagine a warm, peaceful light surrounding you. This light is filled with love and calm, and it wraps you up like a soft blanket.

Breathe in ... and breathe out slowly.

As you breathe in and out, imagine the warm light filling your body. It starts at the top of your head, and slowly flows down through your body, all the way to your toes. This light is soothing and calming, and it helps you relax deeply.

Breathe in ... and breathe out slowly.

Breathe in ... and breathe out slowly.

Imagine yourself in a peaceful place, a place where you feel calm and happy.

Picture yourself walking through a beautiful garden, surrounded by flowers of all colors. The air is fresh and clean, and you can hear birds singing in the trees. The peaceful sounds calm your mind and body.

You can feel the soft grass beneath your feet, and the warm sun on your skin.

You feel safe and relaxed.

As you continue walking, you come to a cozy treehouse in the branches of a large tree. The treehouse has a comfortable bed with soft blankets and pillows, just for you. You climb into bed and snuggle down, feeling safe and warm.

Take another deep breath in, and as you exhale, allow all the worries and thoughts from the day to fade away.

Breathe in ... and breathe out slowly.

Imagine your thoughts and worries disappear like clouds in the sky, leaving only peace and calm behind.

You feel warm and cozy, and you let your body relax completely.

Imagine your toes and feet becoming heavy and sinking deep into the bed.

Then your legs, your stomach, your chest, your arms, and your head, all feel heavy and relaxed.

The gentle breeze blows across your face, and it soothes you. The breeze is gentle and cool, and it helps you let go of any worries you may be holding onto.

Allow your mind to wander to happy thoughts and peaceful images, like playing with friends or exploring new places.

Imagine yourself drifting off to sleep, feeling safe and protected in your treehouse.

Take a deep breath in, and as you exhale, let all your muscles relax completely.

Sink deeper into your bed and drift off into a peaceful sleep.

As you drift off into a peaceful sleep, know you are safe and protected.

You are surrounded by love and warmth, and nothing can harm you.

Sweet dreams.

Starfish Meditation

What to Know

This 6-minute audio can help your child imagine they are a starfish while relaxing and grounding themselves.

[Click here to listen to this audio.](#)

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 it whenever your child needs to feel relaxed, grounded, and safe.

Meditation Script

Find a space big enough so you can have your legs and arms stretched out in a star shape.

Get comfortable and start off in a relaxed star shape. You don't have to be all pointy and stiff!

Get settled and do any last fidgets so your body feels happy and comfortable in this position.

Take two nice deep breaths in through your nose and out through your mouth.

In through your nose and out through your mouth.

With your next breath, as you breathe out, let your eyes gently close.

Now that you're settled, imagine a Starfish. With five points coming out from its center.

Choose what color you'd like it to be. Starfish are all sorts of colors, so make it the color you like.

You can make it patterned too if you like. Add spots or strips, or maybe even sparkly with glitter.

What a beautiful starfish you have created in your mind!

Now see if you can make your body just like the starfish in your imagination.

Make the shape with your body. Your legs are two of the points, your arms are spread out to the side and are two more points. Your neck and head are the fifth point.

Now fill yourself with the color you chose and if you added a pattern, put that on too!

It's amazing how big you can make yourself when you think about it!

Starfish are amazing creatures. Everything happens in the middle of their body. Their mouth is in the middle, their tummy is in the middle, and they breathe from the middle as well.

Just like a starfish, you can breathe from your middle too when you want to.

Let's try starfish breathing and see if you can make your breath go from your middle and reach right to the ends of your star points.

Start by breathing out all the air inside you. Make sure you're completely empty. There you go!

Now start to breathe in and notice as your middle starts to fill. Your breath also spreads and starts to stretch the five points of your star.

Stretch right out. Your arms and legs are stretching out, your head and neck are stretching up.

Now breathe out, relaxing your body as the breath leaves and your tummy moves down, like it's coming back out of your middle again.

Try it again. Breathe in deeply and slowly. Your breath stretches the five points of your star.

Right to your fingers, toes, and up to the top of your head.

Relax and let it all go. Let your star points spread out, relaxed and floppy.

Try one more big starfish breath from your middle. Breathe in, filling all the way up, stretching to the ends of your star shape.

Stretch, stretch, stretch, and then Relax, letting it all go.

Well done! You're doing a great job with starfish breathing. Your body had a great stretch, too.

Now, relax and enjoy letting your breathing become normal again.

Notice the restful, calm feeling that has come from stretching and breathing.

Isn't fun being a starfish?

Now it's time to end our meditation. Start to listen to the sounds around you. Slowly start to wiggle your fingers and toes and roll your wrists and ankles around in a circle. Roll over onto your side and push yourself up to sit. Open your eyes and take a moment to smile and appreciate that you did something good for your body and mind.

Superhero Meditation

What to Know

This 12-minute audio can help your child relax, feel empowered, and focus on their inner strengths.

[Click here to listen to this audio.](#)

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 it whenever your child needs to feel calm and secure.

Meditation Script

Find a place to sit or lie down and get yourself comfortable.

If there are other people around you while you relax, see if you can just think about yourself. There's no need to worry or watch and see what anyone else is doing around you.

This meditation works best when you make it all about you!

So, get settled into your chosen spot. Fidget and wriggle for a minute to make sure your body is happy.

Now see if you can keep your body still. Of course, you are breathing and blinking, so your eyes and tummy will move, but see if you can make the rest of your body still. I know being still can be hard, so just do your best, you'll get better at it with practice.

Now take some big deep breaths in through your nose and out through your mouth.

In through your nose and out through your mouth.

Take a couple more breaths...slowly.

The next time you breathe out, just let your eyes softly close.

See if you can make your body feel as soft as marshmallows. Really heavy and gooey, like you've melted into the floor.

If you are sitting on a chair or cross legged on the floor, remember to keep your back long and tall – just make your arms and legs soft like marshmallows.

Well done! Now that you have made yourself soft, let's begin the fun in our mind.

All you do is listen and the pictures will appear – like the best dream ever. If you can't see any pictures right away, don't worry. Just breathe, relax a little bit more and keep listening. They will start eventually.

Here we go.

Imagine that today is your birthday. In your mind, and without moving, see yourself wake up and jump out of bed, really excited about the day.

You have been counting down the days, waiting for this day and now it's finally here.

Everyone you love gives you great big hugs and smiles, wishing you a happy birthday and you enjoy how special it makes you feel. It makes you smile.

There's a knock on the front door. The mail has arrived. With it being your birthday, you rush to the door, excited to be receiving mail which is addressed to you! The postman wishes you a happy birthday and hands the pile of letters to you. He also has a large box, which is addressed to you too! You smile, thank him, and close the door.

You take the pile of mail and the box back into the house. You have lots of mail! A lot more than normal. All the cards are from family and friends. Now for the box. You open it up and inside is a really cool cape and a mask. The cape has your initials on it. It doesn't say who it's from. The only other thing inside the box is a beautiful feather. Hmm. You wonder who could have given you this awesome gift.

You decide to try it on and go check out how it looks in the mirror. With the mask and cape on, you tuck the feather into the side of the mask. As you do this you notice something funny happening. Your feet lift off from the ground! You are hovering above the floor!

You quickly take the feather out and you lower to the ground. As you look at the feather, you start to understand, and a smile appears on your face.

You take another look at yourself in the mirror and smile. You want to see whether the feather will really make you fly. Taking a deep breath, you tuck the feather back into the mask and this time as your feet lift off the ground you carefully raise one arm up into the air above you.

As you do you feel a whoosh of power and you know you can fly. You point your raised arm in the direction of the open window and before you know it, you have whooshed up and out into the big blue sky.

This is awesome! You raise both your arms above you which feels amazing, then to the sides like wings. Then you try using just one arm up with the other tucked into your side. Down below you see the streets of the neighborhood where you live. You see cars driving along, people out walking their dogs, and then you see the park. You see children playing. One boy seems to have his ball stuck in a tree. You decide to help. You swoop down, and the boy sees you. He looked shocked! He says, "Who are you?" But he doesn't recognize you behind the mask.

You smile as you hover over the ball in the tree, then you give it a little kick, freeing it for him. The boy yells, "Thank you!" You smile and say, "You're welcome!"

Off you go, reaching up into the sky. The cool air whooshes around you and it feels so free to be up here. It's quiet as you pass by some birds and whizz over the city. You are higher than the skyscrapers, looking down on the buildings. You see buses, and the people walking below appear as small as ants! All the traffic and the people who look like busy bugs from way up in the air.

This new flying superpower feels pretty good, but you've got a birthday to celebrate, so it's time to go home.

You curve your outstretched arm to turn around and then it's full speed ahead for home.

Within minutes you are landing back through your bedroom window in front of the mirror. You remove the feather, mask and cape and hang it all up in your closet.

Before you join your family, you take a moment to stand in your flying pose again, both arms raised above your head. It makes you feel super strong. You relax, smile, and run down to join your family. They have prepared your favorite breakfast – what a great start to your birthday!

You are having the best day ever! You are happy and excited that you have discovered an amazing superpower!

Now it's time to return because this meditation is nearly finished.

Take a moment to feel your body again. Feel your body where it touches the floor, the bed, or the chair underneath you.

Listen to the sounds around you. Take a nice big breath in and sigh out of your mouth.

Now stretch and gently open your eyes.

Before you get up, take a moment to remember how you felt.

Even though you can't really fly in real life, it doesn't mean you still can't feel the power and strength from superhero flying.

Just try it. The next time you feel nervous, if you must do something uncomfortable or you're worried about what people are going to think, take a moment to just close your eyes and remember yourself flying like the superhero you really are.

Remember how good you felt, how strong and brave.

When you are alone, do the flying pose and hold it for a minute. Really feel how powerful you are in your body. Feeling strong can shape your thoughts, which can shape what you do and how you feel about yourself. What you do can shape your future.

You now have a real-life superpower in your toolkit.

Thankful Bear Gratitude Meditation

This 7-minute audio can help your child relax while learning about gratitude with the Thankful Bear.

[Click here to listen to this audio.](#)

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.

Meditation Script

Begin by finding a comfortable position, allowing your body to settle into the surface. Whether you are lying in bed, sitting in a comfortable chair, or relaxing on the floor, make sure you are comfortable so you can begin to relax.

Gently close your eyes and become aware of your breath. Inhale deeply, filling your belly. Hold the air for just a moment, then exhale slowly, letting go of all the tightness or tension in your body.

As you relax, imagine a fun and playful scene in your mind. Picture a cute and cuddly bear standing on its back legs, with its paws, big friendly eyes, a cute funny nose, and a sweet smile. This is the Thankful Bear, and he's here to help you embrace feelings of happiness and gratitude.

Pause for a moment to observe the Thankful Bear in your imagination. Notice his soft fluffy fur and the twinkle in his eye. He has a joyful and calming presence.

Now, think about something you're thankful for today. It could be something small or big. Take a moment to let that thought fill your heart with love and appreciation.

Now, think about another thing you're grateful for. Allow this feeling of gratitude to grow within you. Feel the gratitude expand throughout your body, relaxing your arms and legs. Appreciation flows through you like warm honey.

The Thankful Bear reminds you that even on challenging days, there are still things to be thankful for. He encourages you to always recognize the beauty in your life, all the good things that surround you. He explains how important it is to find peace and joy in these moments.

Today, you woke up to a new day full of possibilities. You have the chance to experience life's adventures and surprises. Feel thankful for the gift of life itself.

Think about what you learned today, whether it was something wonderful or something difficult. Every experience, big or small, is a lesson that adds to your knowledge and growth.

Imagine the Thankful Bear doing a little happy dance. His happiness and appreciation fill your heart with warmth and joy.

The Thankful Bear has a simple mantra that he wants to share with you. It is "Thank you." These two words are a magic phrase that can make you feel good and remind you of all the positive things in your life. These two words also make the people you care about feel good. When you say these two words, even strangers feel good! These words spread kindness, appreciation, and goodness.

Look at the Thankful Bear with a smile. He admires your strong body and all that it has done for you today. Your body is truly amazing!

Think about your hands and feet, and how they help you experience the world around you. Even if you stay at home, your imagination takes you to many places and adventures.

Feel gratitude for all the experiences you had today and the places you visited in your mind.

The Thankful Bear does another happy dance, and his joyful energy makes you giggle. He reminds you that there's so much to be grateful for, both big and small. Thankful Bear giggles, too, and claps his paws. He's proud that you are learning how to express your gratitude.

Now, the Thankful Bear brings your attention to your family and friends who love and care for you. Feel the warmth of their love in your heart.

Whenever you feel really happy or content, remember the two words Thankful Bear uses: "Thank you." Say these words out loud or silently in your mind.

As you move through your days, remember to express gratitude for the small joys and experiences you have. This gratitude attracts more fun moments into your life!

Life becomes even more wonderful when you take time to be thankful for what you have and the experiences we enjoy.

When you're ready, you can open your eyes and give your body a gentle stretch. Or, if you're feeling sleepy, allow yourself to drift off into a restful sleep, carrying the Thankful Bear's message of gratitude and joy with you.

Train Your Anger Dragon Relaxation Meditation

This 11-minute audio can help your child calm down and relax when they are angry.

[Click here to listen to this audio.](#)

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 it whenever your child is angry and needs to calm down.

Meditation Script

Close your eyes, letting the weight of the world slip away as you find a comfortable posture. If it feels soothing, gently lay your hands over your closed eyes, creating a serene cocoon of darkness. You may want to place your hands on your belly so that you can feel your breath moving in and out.

Take a deep breath in. Hold it for a moment. Now, release.

With each breath, let the tension in your body dissolve. You notice you are starting to feel calm and peaceful.

As you continue to breathe in and out, visualize your body surrendering, sinking deeper into relaxation. Right now, there's nowhere else to be, nothing else to do.

Imagine yourself seated at the entrance of a mystical cave. This is where your anger dragon lives. The dragon inside is very upset. You can see it is angry because there are swirling tendrils of smoke that drift outward. The dragon is frowning, and its eyes are squinting as it looks at you. It's stamping its large, clawed feet.

Do you know why the dragon is mad? Take a moment to think about why the dragon is so upset! Imagine how the dragon feels right now. What triggers ignited its fiery temper? Maybe something happened recently, or perhaps someone said something hurtful. Whatever the reason, your dragon is enveloped in a cloak of anger.

You have the power to guide your anger dragon. If it stirs, exhales smoke, stamps its feet, or even breathes flames, it's under your control. You hold the knowledge to soothe its restlessness.

Today your anger dragon is really agitated. The plumes of smoke continue to emerge from the cave. You see bursts of flames licking the air.

Let your mind wander back to a situation, something that occurred recently, that caused you to feel tension, anger, or an intense fury. It could have been a conversation, someone taking an item that belonged to you, or an action that rubbed you the wrong way.

As you think about these memories, visualize the tendrils of your emotion drawing your anger dragon from its cave. Be aware that you are always safe in the presence of your dragon.

As your dragon emerges at the entrance of the cave, focus on the source of your anger, and as you dive deeper into this emotion, you awaken your dragon, drawing it out. Before you stands your anger dragon. It holds all your angry emotions. But you have control. Tell it you are here to make it feel better.

You can choose to expand or shrink your dragon, allowing it to unleash its fury or aiding it in finding calm. You're here to support your dragon, to guide it toward feeling calm and peaceful.

Take a closer look at your anger dragon. Is it male, female, or perhaps neither? What color is it? How tall is it? It might be huge or tiny. Does it breathe fire, or does steam billow from its nostrils? Is it very expressive with its anger, or does it seem to pout in protest?

Now, begin to talk to your anger dragon. What does it want? Listen closely to its response. Do you understand what it needs? Take a moment to think about this. Maybe it craves a comforting hug, reassurance, or a way to vent. Maybe it needs to fly around to release its frustration. Maybe it just wants to talk about why it's angry, and it wants you to listen. Maybe it's hungry. Take your time and tune in to what it needs.

Now, it's time to provide your anger dragon with what it needs. If it wants a hug, imagine enveloping it in a warm hug. If it wants you to listen, give it your full attention. Imagine you are feeding your dragon, bit by

Imagine you are giving your dragon all the things it wants, one by one. Go at your own pace.

Is there anything else it needs from you? Maybe it wants you to tell it how you feel. Maybe it wants you to talk about all its positive traits. It might want an apology. Trust yourself that you know what your dragon needs. Continue until your dragon is no longer angry.

When your dragon appears happy and calm, let it settle back into a deep sleep.

You're doing an amazing job soothing your dragon!

Remember you can come back to this cave any time you want to feed your anger dragon and to give it what it needs. Say goodbye and allow your dragon to go back into the cave to sleep.

Tell your dragon you will be here to take care of it the next time it wakes up or feels like breathing fire or is really upset.

Next time you begin to feel your anger dragon waking up, come back here to listen to your dragon and give it what it needs. You always care for your dragon because you are in charge. You'll be there whenever it wakes up or threatens to exhale flames.

Whenever you're ready, open your eyes, and shake out your arms and legs.

You feel relaxed and calm.

Wiggle Flop Body Scan

This 8-minute audio can help your child relax and wriggle around to notice how their body relaxes.

[Click here to listen to this audio.](#)

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.

Meditation Script

Let's try a fun relaxation exercise. This will be fun!

First, find a comfortable space where you can lie down.

Now that you have your spot, it's time to try just being still. Jiggle and move your arms and legs to get all the wiggles out.

Sometimes it can be challenging to keep your body still. But you can make being still something you're really good at!

You can have your eyes open or closed for this activity. You decide what works best for you right now.

The first thing that will help is to understand the difference between moving and being still. Have you ever played the games Musical Statues or Freeze Dance? You may know you can be still when you're playing a game.

Let's play something similar now, right where you are in this lying down position. This game is called Wiggle Flop. It's different than a party game, because in Wiggle Flop you don't become stiff like a statue. Instead, you go soft like a sleepy cat. You become as still, soft, and floppy as can be.

When I call out FLOP, that's when you stop and go floppy. Are you ready?

Wherever you are, start to wriggle. Wriggle your legs, your arms, jiggle your fingers and your toes. Can you wriggle your body too? Wriggle your chest and tummy. Now your face, including your nose and mouth. Everything is wriggling and jiggling. Keep going! Wriggle a little bit more. Wriggle wriggle wriggle! And now FLOP! You become totally droopy. No moving. Get really heavy and floppy.

Remember to breathe. Take a few nice, deep breaths.

And now, let's wriggle again! Get those legs and arms going. Move your feet and hands. Your fingers and toes. All the wiggles moving up into your body and head. Every last part of you having a great fidget! Do it just a little longer. Wriggle wriggle wriggle and now FLOP!

Like you have been switched off. Everything is flopping down, not a flicker or flutter or movement. Keep breathing. Stay totally relaxed, droopy, and still.

I bet you're getting pretty good at this! Let's do it one more time. This time let's see if you can really enjoy your flop time at the end.

Let's get wriggling! Get those legs going and those arms going! Now wriggle your hands and feet, fingers, and toes. Your body and face! This is the wriggliest you have ever been! You're the wriggle champion of the world!

And FLOP! All the wriggles melt away and you're as still and relaxed as can be.

You receive the gold medal for floppiness.

Breathe in and breathe out. Enjoy the feeling of being so heavy and still. Feel it in your whole body. How do your arms feel now? And your legs? Your fingers and toes? Just scan your body from head to toe and make sure your entire body is completely relaxed.

You're so still, and you're not holding any tension in your body. Notice how your fingers and toes feel. All these parts of your body might tingle because they are so floppy and relaxed.

Breathe deeply. Calm your heart and slow yourself down so you can enjoy your stillness a little bit more.

If you find this difficult, don't worry. As with many things, it will become easier the more you practice.

Well done! It's time to return now. Begin to focus on the sounds around you. Notice where you are lying or sitting. Feel where your body meets the floor or other surface beneath you.

Slowly open your eyes if they were closed. Take a moment to think about how that worked for you. Did you enjoy it? I hope it helped you enjoy being still and relaxed at the same time.

Next time you feel fidgety, see if you can remember Wiggle Flop and practice that comfy melting soft floppy feeling. When you do that, it will help you in more ways than you can imagine.