

Embracing Your Unique Beauty Meditation (teen)

Objective

To guide teens in cultivating a positive and compassionate relationship with their bodies through this mindfulness and self-acceptance meditation practice.

What to Know

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

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Begin by finding a comfortable, quiet space where you won't be interrupted. Sit or lie down in a natural and relaxed position for your body. Close your eyes gently, and allow yourself to take a deep breath in, slowly filling your lungs with air. Hold for a moment, then exhale softly, releasing all the air out.

Let's do this two more times, breathing in peace and calm and exhaling any tension or stress. With each breath you take, imagine yourself becoming more relaxed and more centered. With every exhale, imagine letting go of negative thoughts about yourself, comparisons, or self-criticism.

Just breathe them out and let them go.

Now, bring your awareness to your body. Start at the top of your head and gently scan down to your toes. Notice how your body feels in this moment, without judgment, simply observing.

If you encounter areas of tension, imagine your breath flowing into those spaces, soothing and relaxing them. Continue to take slow, deep breaths. In and out.

As you continue to breathe deeply, think about all the incredible things your body allows you to do. Maybe it's dancing to your favorite song, hugging a friend, or walking your dog. Perhaps you're an athlete. Or just focus on the miracle of waking up each morning, breathing, and moving. Feel a sense of gratitude for these abilities, recognizing the beauty in what your body can do rather than how it looks.

Now, you will be guided through some affirmations. With each affirmation, envision yourself believing and truly embracing these truths.

I am more than my appearance. I am valuable, loved, and worthy exactly as I am.

My body is an amazing instrument, deserving of care and respect.

I choose to love my body exactly the way it is today, in this moment.

I choose to see the beauty in my uniqueness and celebrate it.

I am learning to love and accept myself more every day.

I am strong and powerful; my body has helped me cope with many challenges.

Repeat these affirmations silently to yourself. Let each word resonate within you, filling you with warmth and self-compassion. Allow your lips to form a smile as you surround yourself with love, deep appreciation, and self-compassion.

Now, imagine a warm, glowing light within your heart. This gentle light represents your essence, your inner beauty, and your strength. With every breath, this light grows brighter. It illuminates your entire being, reminding you of your true worth beyond physical appearances.

If any negative thoughts about your body or appearance arise, visualize them as clouds passing in the sky. Observe them without attachment, and let them drift away. These thoughts are not helpful, so you can simply allow them to float away and disappear. Keep coming back to the warmth of your inner light.

Take a few more deep, nourishing breaths, feeling grounded and centered. When you're ready, gently wiggle your fingers and toes, bringing movement back to your body. Open your eyes slowly, carrying with you the sense of peace and self-love from this meditation.

Remember, your worth is not defined by your appearance. You are unique, beautiful, and worthy of love and respect, just as you are.