

Peace
out
Scripts
Volume 1

Ten Guided Meditations
(to read to kids)

by Jaime Amor





Welcome to our first collection of Peace Out guided meditation scripts!

I hope these scripts will be used by anyone who looks after kids in a family or professional role and wants to help them develop relaxation skills and the habit of positive thinking.

Each script has a brief introduction from me explaining what I think the meditation is about, as well as a note on the length of time it takes to do and the sorts of scenarios for which the meditation works best. This is then followed by a script for you to read.

They take between 5 and 10 minutes to read. They're best for kids aged 5 to 12 I offer some top tips over the page to help you make the most of these scripts and get the best results.

I hope you find these scripts fun to use and super effective for the kids in your care. Please do get in touch and let me know your ideas for ways we can improve them.

With love,
A handwritten signature in black ink that reads 'Jamie' with a small 'x' below it.



Starting And Ending Each Meditation Well

Each script begins with the words 'Let's try a meditation' and ends with 'Peace out.' This is to establish a clear beginning and signify the end. Please feel free to change these phrases to whatever works for you. I sometimes like to use a chime to end a practice for instance. Whatever you choose, it's good to set up a regular routine for the start and finish, so the children get to know the parameters of the meditation and (over time) find it easier to drop into it as an activity.

Pausing

As you read the scripts, I have added in the word PAUSE to suggest when to leave some silence for the children to process what you've just asked or said. These don't need to be too long, just a few extra beats. Over time, it will become clear to you what sort of timing works for the children you are guiding.

The Gradual Process Of Relaxation

Every script has a minute or so at the beginning to help the kids get comfortable, allowing time to come to stillness, to deepen the breath and (if they like) close their eyes. Relaxation is a gradual process. Some children will get there before others. So if you are using these scripts in a group, it's worth dedicating some of your attention to helping the kids to settle before you move into the visualisation. The visualisation phase which usually follows in these scripts will bring more benefit to the kids if they're feeling comfortable and relaxed.

Using Your Voice Well

Vocally, keep it soft, low and patient. Go slow, and use a quieter volume than usual speaking voice. Much of the relaxation and atmosphere can be initiated by the sound of your voice.

Enjoy The Words

Some of the language in these scripts is designed to enhance the sense of calm and relaxation. As you say the words, try to enjoy them and even feel them too, noticing how the sound of the words supports the mood.

Reflection And Thoughts From The Children

It's lovely to check in with the kids at the end. See if there's anything they want to share about their meditation experience. Sometimes the kids like to say where their 'special' place is or how they feel afterwards. If this is forthcoming, listen and acknowledge their reflections. If not, there's no need to press them. With older children (aged 8+) they may even like to write down what they felt in a journal or diary to deepen their meditation practice.

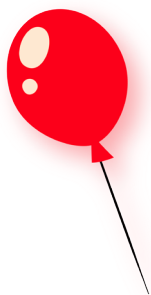
Recommended Recordings

All of these scripts can be heard as recordings on Cosmic Kids YouTube channel or ad free on the App. They are also available to buy as MP3s in our online shop.

Contents



Page 1	The word "Balloon" in a colorful, bubbly font with a heart shape inside the letter 'o'.	Best for: Encouraging the kids to develop their own ways of feeling secure emotionally
Page 4	The words "Climbing up" in a colorful, playful font with a small figure climbing a rope.	Best for: Building confidence - and encouraging self belief in children who can be hard on themselves.
Page 7	The words "Magic TreeHouse" in a colorful, whimsical font with a small tree and house.	Best for: Developing trust in the world, and for kids who may bottle things up.
Page 10	The words "Moon and Stars" in a colorful, simple font with a small moon and stars.	Best for: Winding down to a very calm and relaxed state - and becoming more comfortable with darkness and falling asleep.
Page 13	The words "Rainbow Waterfall" in a colorful, playful font with a small rainbow and waterfall.	Best for: Helping kids learn to notice fluctuations in their feelings.
Page 16	The word "Starfish" in a colorful, simple font with a small starfish.	Best for: helping kids learn how to ground themselves with breathing
Page 19	The words "SuperHero flying" in a colorful, playful font with a small superhero figure.	Best for: Helping kids remember how amazing they are.
Page 23	The words "Tickle Pixie" in a colorful, whimsical font with a small pixie figure.	Best for: Helping kids learn that emotions can be felt in sensations in the body
Page 26	The words "Time Out" in a colorful, simple font with a small clock face.	Best for: clearing minds, and resetting after any sort of altercation or heightened emotion.
Page 28	The word "Wiggleflop" in a colorful, playful font with a small figure jumping.	Best for: introducing younger children to the idea of actively relaxing.



Balloon



7 minutes

Best for: Encouraging the kids to develop their own ways of feeling secure emotionally



In this guided meditation, the kids take hold of a magical balloon which lifts and flies them to a place where each individual child feels incredibly safe and secure. The children are prompted to imagine their special place using all their senses, noticing what they see, hear, smell and taste even. It's a wonderfully settling experience and something that the children enjoy repeating.

Janie
x

Script

Let's try a meditation. Where we relax our bodies, and allow our minds to imagine – like we are having a really nice dream whilst being awake.

First let's get comfy. Find a space. And either lie down on your back, or your side or on your front. If you prefer, you can sit either cross legged or on a chair.

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

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

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 breath in and lower as you breath 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 in a garden. And up in the sky you spot a red balloon floating. You can see it has a little string dangling down. [PAUSE]



It's floating down towards you.

You wonder: where this balloon has come from and why is it here for you?

Now it 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 trees – you are above the treetops looking down on them.

Look just up ahead. You see your favourite place in the world. Only you know what your favourite place is. It could be anywhere – you decide what this place is. See if you can imagine it now. What does it look like? [PAUSE]

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 or animals or is this a place you enjoy all by yourself?

Does it have a particular smell or taste maybe?

As you stand here with your red balloon, you soak up the goodness and joy from being here in your favourite 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 lifts again and you feel huge freedom as you float through the sky. Feeling the air on your face and the calm quiet of being up, above it all.

Your balloon has brought you back to the garden. 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 – feeling 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. PAUSE

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.

And take a second to just notice how you feel after that. Different maybe to how you felt before you had your Peace Out? It's been a real treat feeling all that happiness from visiting your favourite place. I hope you enjoyed it.

Peace Out.



Climbing UP



14 minutes

Best for: Building confidence - and encouraging self belief in children who can be hard on themselves.



We visualize climbing a special ladder. There are five steps on this ladder and with each one, the children sense their confidence and belief in themselves building. It's a wonderful way to inspire kids to want to do their best and realise they have a wealth of intrinsic potential to tap into.

Janie
x

*****Script*****

Let's try a meditation.

Find a spot and get yourself comfy. You can lie down - on the floor, on a rug or mat, on the couch or bed. If sitting up works better for you, then do that. Wherever you choose, take a moment to get settled and happy with your position. PAUSE.

With your eyes open, take some nice big deep breaths. In through your nose and out through your mouth. And again. PAUSE.

And one more – this time as you breathe out let your eyes gently close so you can hear even better.

That's it. Well done you!

See if you can notice a nice snuggly feeling in your body as you rest here.

Feel how what you are sat or lying on is holding you, supporting you - so you can sink your body down even further. It's strong enough to carry you. 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.



More and more calm and comfortable. So comfortable that it becomes easy to drift and dream.

You're doing a wonderful job. Now you are relaxed the door to your dreams can open and you get to explore.

Let's see what is there...

There's a ladder. It's leaning up against a wall, fastened to it, so it won't move - it's very sturdy and strong. It has handles as well so you'll be able to climb this ladder easily. It's very safe.

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

There are five steps on this fantastic ladder of yours. And when you get to the top, boy are you going to feel super strong and happy! 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 told you how good it was. Maybe it was reading or writing or making something. Perhaps you did really well in a game or sport. See if you can remember it now – that time – what it was you did. (PAUSE)

And as you think about it, can you feel that strong, proud feeling now again, spreading all through your body? Breathe into that feeling – how happy it made you and reach up to take the next step on the ladder. Good. You are doing so well.

Now 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, being in a race or catching a ball or maybe scoring a goal. Think of that thing now. (PAUSE)

Feel how good that felt – the strength and 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. Go on. Double it now - see if you can! Great.

Now up we go again. To step number three. And as you climb, now see if you can remember a time when you managed to do something you'd been trying to do for ages. Practicing over and over again. Hoping to get there. Like riding your bike without stabilisers, no training wheels! Or playing a tune on the piano. Or swimming a whole width or even a length of a swimming pool. Or reading a whole book by yourself. You found you finally could do it – after all the practice and it felt awesome. You were so excited, happy and super proud of yourself. (PAUSE).



There, now. You have that feeling again here with the memory. Breathe into it – all your strength, all your confidence. The goodness of the feeling: let it fill you up. Fantastic. Doesn't that feel good.

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

And remember how everyone said it was really good. You felt so happy and proud of it – that you made it. You put it together and made it so good. That feeling is back with you now. That happy, proud feeling for what you can do. You enjoy it here again by breathing into it – feeling it whoosh around your body. What a great feeling it is, isn't it?

Take it up with you now as you have one more step to go on this very brilliant and exciting ladder. Step number five. Are you ready? Now can you think of a time when someone in your family told you how proud they are of you, or how much they love you, or how special you are to them - for simply being you – that you make them so happy and you are a very special person. Remember a time now when they said this to you. How it felt. (PAUSE)

Feel that warm happy feeling now – that strength and confidence you feel when you think of that. You can do anything.

You're amazing. You know that? You've done so well.

Now you are at the top, you can climb over the wall into tomorrow. And look at you! You are so strong, brave and confident. Isn't your face happy and smiling as you are talking to other children and making new friends. Listen to your voice too as you speak and share your ideas – putting up your hand in class to offer your suggestions. Brilliant. Well done you. It's so exciting for you to do all these things easily – nothing at all to be worried about. Your strength growing with each and every day. I wonder if it will surprise you when you notice it happening or will it just feel perfectly natural that you are so confident now?

It's time to return now. And wake up feeling all the energy coming back into your body. Your fingers wriggling, your toes too. Maybe you stretch your whole body long, enjoying the lovely feeling of movement again. You take a big breath and sigh out, and roll yourself up to sit, your eyes open again. Take a moment to feel what you feel now – remembering the great feelings you were having. They are with you now, still and always will be.

Peace out.



Magic TreeHouse



12 minutes

Best for: Developing trust in the world, and for kids who may bottle things up.



This meditation helps children feel OK about sharing their feelings and thoughts. We imagine climbing a wonderful tree in a garden which leads us to a magical treehouse. Inside we find someone who we love and trust very much. We have the opportunity to ask them a question – any question we like. We feel listened to and comfortable talking to them.

June

Script

Time to enjoy a special story in our imagination - and *you* are in this story.

First let's find a spot to lie back or sit down, and make yourself as comfy as can be. PAUSE

Fantastic. Now to make your body all floppy. A really fun way to do this is to pretend you're a marshmallow person. That's right - like you are made of marshmallows. Soft squishy arms, and legs. A body like a pillow and a squishy squashy marshmallow soft head! That's it – super soft and gooey. Well done!

Now 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? PAUSE.

Wonderful! And on your next big breath out, let your eyes close. Ahhh. That's it. Now you've made yourself as relaxed as can be, your mind can play and take you on really fun journey as you hear the words.

Ready? OK then...let's begin.



You are standing in a beautiful garden. There are flowers everywhere. They are all sorts of colours. Yellow flowers, blue petals, green stems. Everywhere you look you notice their bright colours. PAUSE.

They are all different sizes too. Some have tall skinny stalks with big red heads. Others are small tiny flowers all bunched together in a clump. You breathe in and smell their sweet scent – these flowers smell lovely. PAUSE

It's a warm summer's day. The air feels warm on your skin.

You can hear a few birds whistling in the trees – singing and tweeting. Some sounds are far away, others are closer to you.

You start to walk through your garden along some round stepping stones that make a winding path down into the very back of the garden. The flowers line the sides of the path, and you take in their colours and smells along the way.

Right at the end of the path is a big tree. The trunk is so wide, you'd have to make your arms as wide as they go to reach the sides of it. You see there is a ladder made of rope and wooden steps dangling down the trunk.

Mmm. This looks fun you think. 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 big branch makes a pathway leading you to a front door. This is a house! It's a treehouse! Like a real house but in a tree! Who lives in there you wonder? You turn the door knob to open the door.

Inside is a lovely big room with pictures on the walls, squishy cushions on the floor, and a big armchair. What a cozy place this is. Sitting in the armchair is someone you know and love. You decide who this is as they are very special to you. They are smiling and very happy to see you. This person makes you feel very safe and happy.

After giving them a big hug, you sit by them on the soft squishy cushions. You take a moment enjoying being here and then you think of something. A question you have or something you've been wondering about. Anything you like. This is a person you can ask anything, share anything. 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 thought and be understood. To have time to think and be listened to.



When you have finished asking them your question or telling them your thought, maybe they say something back to you. And whatever they say makes you feel good about yourself. You understand better now and feel glad for having shared, been listened to and understood.

Talking to this person has been fun and helpful to you. 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 need. Now you know how much it helps to talk about things, you decide that next time something is on your mind it'll be a good thing to share it with someone you love and feel safe with.

Feeling happy about having this special place, you say goodbye.

You walk out, close the door behind you, return back down the big branch pathway and climb carefully down the ladder into the beautiful garden. As you stand there, the flowers all around in the warm sunshine you take a moment to notice how you feel and you breathe out feeling peaceful.

Now we return. See if you can notice how your body feels sitting on a chair or how the floor feels beneath you. Can you hear any other sounds around you? You take a big deep breath and sigh out from your mouth. Have a stretch if you like.

And slowly open your eyes. Now, for just a moment think about how you feel after that – do you feel different to how you did before? Sleepy maybe? Or maybe you wanted to stay a bit longer in the Magic Treehouse? Maybe your mind was kind of busy when you were listening and you were thinking of some other things. That's OK. What's great is that you are learning how your mind works – and knowing your mind better will help you be the best you can be and most importantly have a very happy life. That's a good thing, don't you think?

Well done for listening and finding your very own super power right there in your mind.

Peace out.



7 minutes

Best for: Winding down to a very calm and relaxed state - and becoming more comfortable with darkness and falling asleep.



We guide the children to imagine the beautiful night sky, with all the comfort and warmth we feel when we're snuggled up in bed. As the kids build the images of the dark night along with the sparkling stars and beaming moon in their minds, they feel a sense of unity with it all which ultimately makes the idea of letting go to 'fall' asleep much easier.

Jane
x

***** Script *****

Let's try a meditation.

We're going to explore the special space in our minds called our imagination.

First, let's get comfy.

Choose where you want to be - lying down or just sit. You decide what feels good and then get settled. PAUSE

Any last wriggles? OK ... Have a good wriggle, go on. Let's get them done and we'll be much happier. That's it. PAUSE

Now you're really ready, keep your eyes open and 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. See if you can take just one more big breath and do this last one as slowly as you can – breathing in through your nose and out through your mouth.

Wow! You really did make it a slow one! That was amazing.

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



Let your breathing be normal again and let's see about making our body super relaxed – letting go of any holding or scrunching and becoming as soft as a marshmallow.

Really squashy and soft. Lovely.

Now you're relaxed, you can enjoy letting your mind take you on an amazing adventure. As you listen the pictures will just appear – like you're having a fun dream. And if you can't see anything in your mind right away, don't worry – just breathe, relax even more and keep listening. After a while you'll find it's all happening without you having to even try.

Let's go...

Imagine it's night-time and everything is so still. But it's not completely dark...The moon is big, and full and bright in the sky, and silver moonlight shines into your bedroom through the window. Magic moonbeams shine down onto your bed. You are looking at the moon. You can see so much on its surface – different shades and patches of white and grey. They must be the craters, you think to yourself.

It doesn't seem so far away right now as you can see it so clearly. Now you notice the stars too. Scattered all around in the night sky. They look like they're twinkling – little sparkly dots. Jiggling ever so slightly.

The more you look, the more stars seem to appear. It's like they are being turned on, just for you. The night really is amazing, and tonight you see the dark as something you can enjoy rather than be afraid of.

There are so many stars now – it feels like they are shining just for you. In your mind you take a big crayon and start to join up the stars like a giant dot to dot puzzle. What shapes do they make? Is it an animal? A unicorn? A house? Or something else maybe.

Joining the stars together like this you are making your own special sparkly star pictures. The night sky feels like it belongs to you. And the moon beams brightly, smiling down at you.

You feel so very tired now and ready to drift off for a good rest. The beautiful starry night sky above you will always be here – even when you can't see it for the clouds. Know that the sparkling stars are always there and the moon too beaming down – sometimes full and round, other times only half full or just a little curve, like a banana.

Thinking about the night like this, somehow makes sleep time extra special. The night sky is your friend.

[If it is time to sleep now, then Peace Out and good night. If not, read on...]



Take a second now to feel your body again. Where you are sitting or lying. Notice where it touches the floor, the bed or the chair underneath you. Notice the weight of your hands and arms.

Can you hear any sounds around you? As you come back to the space around you, take a big breath in and sigh out of your mouth. Have a lovely big stretch and nice and gently, open your eyes.

Take a second just to notice how you feel after that and be happy that you have given your body and mind this lovely time.

Well done you! Peace out.



Rainbow Waterfall



7 minutes

Best for: Helping kids learn to notice fluctuations in their feelings.



In this Peace Out we take the children to a magical waterfall which flows in every colour of the rainbow. As we stand beneath the colourful water, we feel the different qualities each colour brings to us. Make sure to pause after the mention of each colour to give the children time to process what they feel. It's nice to ask the children afterwards for anything they noticed or how each colour felt to them.

Jamie x

Script

Let's try a meditation.

To make it work brilliantly, it's important that you feel super comfortable. So find yourself a nice position. You can lie on your back, or your front, or your side or just sit. You decide. Find what feels good and then get settled.

Do any last fidgets or wriggles – that's it. Just so you feel happy to be still for a few minutes. That's all it is – just a few magic minutes and your body and brain will be a bit stronger.

Let's get ready to open the special door in our mind so we can go on a fun journey. Start with your eyes open. And 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. PAUSE

And the next time you breathe out, let your eyes softly close. Well done.

Now make sure your body is as floppy as can be. Your arms and legs so heavy that 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 the words and follow the journey, letting the pictures appear in your mind.

And if you can't see anything in your mind right away, don't worry – just be peaceful, breathe, keep listening and after a while they will start to appear.

Now we begin...

You are standing in a forest. Everywhere you look you see trees. Tall and sturdy brown tree trunks with branches covered in bushy green leaves. The sun-light 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 – running up the tree back to her home among the branches.

You carry on following the path that winds through the forest. It leads you to the side of a little 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 flows 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 and make an amazing 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 colours, oh the colours...they bring a magical warmth. You feel each colour run through you – Each one feels different. Notice how they feel in your body now...



First the Red. [PAUSE]

Then Orange. [PAUSE]

Now the Yellow, [PAUSE]

and the Green. [PAUSE]

Blue. [PAUSE]

Indigo. [PAUSE]

And lastly Violet. [PAUSE]

Now - ALL the colours! You feel them all as they wash and flow through you.

Your body feels lighter and sparkles as your worries disappear.

Now you step back from the rainbow waterfall feeling peaceful and clear. You're all dry too. It's magical.

You smile and remember how the colours made the different feelings inside you. It's good to notice your feelings. And also see where they come from. Your time here at the rainbow waterfall has helped you learn a bit more about your feelings and maybe even notice where in your body you can feel them.

It's time to return back again. Just notice your body right now again – how it feels where you are lying or sitting. Where it touches the floor or the chair beneath you. See if you can hear any sounds around you.

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

And gently open your eyes. As you begin to move, have a nice big stretch. And just sit back for a moment. Ahh. How was that?

Maybe you feel a little different to how you did before? Possibly calmer, maybe even a little tired?

Well done! Be pleased with yourself for taking this time to give your body and mind a special treat.

Peace out.



5 minutes

Best for: helping kids learn how to ground themselves with breathing



In this Peace Out we are helping the children focus on breathing in and out from their middles – just as Starfish do. It's a great way to encourage children to connect with a deeper diaphragmatic 'belly' breath which helps us feel more calm and grounded in any situation. Please note – this requires that the kids have room to stretch their legs and arms wide, so make sure to clear some space

Jamie
x

***** Script *****

Let's try a meditation.

Firstly find a space – big enough so you can have your legs and arms stretched out in a star shape. To start off just be in a relaxed star shape – rather than all pointy and stiff! PAUSE

Get settled and do any last fidgets so you feel happy and comfortable here.

Take a couple of nice deep breaths in through your nose and out through your mouth. In through your nose and out through your mouth and with this next one, as you breathe out, let your eyes gently close. Well done.

Now you're settled, see if you can imagine a Starfish. With five points coming out from its centre. PAUSE

Choose what colour you'd like it to be. Starfish can be all sorts of colours, so make it the colour you'd like. You can make it patterned too if you like. Spotty or stripey... maybe even sparkly with glitter. PAUSE

Good job. What a great starfish you have in your mind!



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

Firstly make the shape with your body. Your legs are two of the points, your arms are another two out to the sides and your neck and head are the fifth point.

Now fill yourself with the colour you chose and if you added a pattern, put that on too! That's it! 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 - we can breathe from our middles too when we want to. Let's try starfish breathing and see if we can make our breath go from our middle and reach right to the ends of our star points.

Start by breathing out all the air inside you – so you're completely empty.

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. Right out - your arms and legs stretching out, your head and neck stretching up. And now breathe out, relaxing your body as the breath leaves and your tummy goes down, like it's coming back out of your middle again.

Try it again – breathing in deeply and slowly – the breath stretching the five points of your star – right to your fingers, toes and up to the top of your head, and relax letting it all go – your star points spread but nice and floppy.

One more big star fish breath from your middle. Breathe in, filling all the way up, stretching to the ends of your star shape – stretch stretch stretch and relax, letting it all go. Well done!

You've done some great starfish breathing and your body has had a good stretch too.

Enjoy letting your breathing be normal again – and notice the restful calm feeling that has come from this lovely stretching and breathing. It's quite nice being a starfish isn't it? PAUSE



Now we begin to come back.

Hear the sounds around you.

Slowly start to wiggle your fingers and toes and roll your wrists and ankles around in a circle. That's it.

Roll over onto your side and push yourself up to sit.

Open your eyes and take a moment to be pleased with yourself for doing something good for yourself – for your body and mind.

Peace Out.



SuperHero flying



10 minutes

Best for: Helping kids remember how amazing they are.



In this meditation we guide the children into a calm and relaxed state before leading a visualization about receiving a magical superpower for their birthday – flying! A great meditation for confidence and for tackling nerves too.

Jamie
x

*****Script*****

Let's try a meditation.

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

If there are other people around you while you do this, see if you can just think about yourself here.

There's no need to worry or watch and see what anyone else is doing around you. It definitely works best when you make it all about you.

So - get settled into your chosen spot. Do any fidgets and wriggles to make sure your body is super comfy. That's it! PAUSE

Now see if you can let your body be still. Of course you're breathing and blinking, so your eyes and tummy will move, but see if you can make the rest of your body still.

Good. I know being still can be quite 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. That's it. A couple more...slowly. PAUSE



And the next time you breathe out, just let your eyes softly close. Well done!

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.

Yes! Well done. Now you've made yourself all 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 actually moving, see yourself wake up and jump out of bed, really excited about the day.

You've been counting down the sleeps, waiting for this day and now it's finally here. Yesssss! Everyone at home 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. It's the postman! - 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 box, which is addressed to you too!

You smile, thank him and close the door. Taking the heap of mail and the box back into the house. You have 5 cards and the box! That's loads of mail! A lot more than normal anyway.

All the cards are from family and friends – some have pin badges which say Happy Birthday and the number of your new age! You put them on your tshirt.

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.

Mmm. You wonder who could have given you this lovely gift. You decide to try it all 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 seem to be hovering!

You quickly take the feather out again and - phew - you lower back to the ground. As you look at the feather, you start to understand and a cheeky smile appears on your face. You take another look at yourself in the mirror and decide...you want to see whether that feather will really make you fly.

Taking a deep breath you tuck the feather back again into the mask and this time as your feet lift off 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 really truly fly. Ready to take it a step further, 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.

Wow! This is awesome, you raise both your arms above you which feels amazing, then to the sides like wings and then you try using just one arm up with the other tucked into your side. This is so cool.

Down below you see the streets of the neighborhood where you live. Cars driving along, people out jogging, and there's the park - where some of your friends are playing. Oh dear! They seem to have their ball stuck in the tree. You decide to help - and swoop down. As they see you coming their mouths drop wide open in shock! WOW...who is that? But they don'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 them. You smile at them, salute and say "You're welcome!" They would thank you if they could speak! You'll be seeing them later at your party anyway.

Off you go again, reaching up into the sky. The cool air whooshes around you and it feels so free to be up here and really quiet too. You whizz over the city. Higher than the skyscrapers, looking down on the buildings, the buses and the taxi cabs - all the traffic and the people who look like busy ants from way up here.

This new flying superpower feels pretty good but you've got a birthday to celebrate, so it's time to return home. You curve your outstretched arm to turn around and then it's full speed ahead for home. Within minutes you are landing again back through the window in front of the mirror. You remove the feather, mask and cape and hang it all up in your cupboard.

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 to yourself and go enjoy your favourite breakfast - what a great start to your birthday.



Now it's time to return. Your meditation has nearly finished.

Take a second now to feel your body again. Where you are lying or sitting. 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. And stretch.

Now, gently, open your eyes. And before you get up, take a second to remember how you felt doing that. And even though we can't really fly in real life, it doesn't mean you can't still feel the power and strength from superhero flying.

Just try it – next time you feel nervous, if you have to stand up and do something or you're worried 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. If you are somewhere nobody can see you, you could even do the flying pose, hold it for a minute and really feel it in your body.

Your body can shape your mind, your mind will shape what you do and how you are, and what you do will shape your future.

Be pleased that you now have a real life super power in your toolkit.

Peace out.



Tickle Pixie



8 minutes

Best for: Helping kids learn that emotions can be felt in sensations in the body



We guide the children through a body scan using the idea of a little pixie gently tickling each area of the body. This is an easy and engaging way of focusing on each part and noticing the sensations that are there when we take our attention to it. Body scanning is a great way to build the mind-body connection and develop neural pathways to each area of the body.

James
x

*****Script*****

Let's try a meditation.

It's time to use our imagination and enjoy our mind.

Do whatever you need to do to get lovely and comfy.

Find a space. And lie down - on your back with your arms down by your sides, or on your tummy making a pillow with your hands to rest on. You decide which feels most comfortable.

Now get settled. Do a wriggle and a fidget – to make sure your body feels really happy and comfy. You don't have to be completely still... you can breathe and blink as normal – just see if you can keep your body nice and still. Your eyes are open. PAUSE

Now that you're still, can you notice your breathing?

Maybe you can feel it a little bit? In your chest, maybe your tummy, at your nose and mouth. Can you hear it too? It might be very very quiet. Like a tiny whisper sound - see if you can hear it... I'll be quiet so you can try. PAUSE



That's it. I can hear your breaths too. Well done. Gentle, breaths coming in through your nose and out through your mouth, in through your nose and out through your mouth. This next time, as you breathe out, let your eyelids softly close.

Well done.

Now you have a big blank screen in your mind, see if you can imagine a little pixie standing right in the middle of it. That's right. A pixie. A small fairy-like creature.

Think about how it looks. Does it have wings? What colour are its eyes? Is it wearing anything? It may be a girl pixie or a boy pixie or an animal pixie. You decide how your pixie looks. PAUSE

One important thing though, is that this is a friendly pixie. It's a good one.

Now this pixie loves using pixie dust for tickling! Not the kind of wriggling, giggling and jiggling tickles – just a light fuzzy tickle, that kind of feels nice and relaxing!

The tickle pixie sprinkles magic pixie dust on our body and we feel it because of the slight tickly feeling that happens where it's been sprinkled.

Let's see if we can notice the feeling when the tickle pixie sprinkles the magic pixie dust on us. Ready? Ok. Let's be as still as we can and see if we can feel the little tickles.

Here we go!

The tickle pixie starts by sprinkling our feet. There's already a little tingle in our toes. Can you feel it? A slight fizzy feeling. It's moving all the way through our feet and up around our ankles.

The pixie moves up, sprinkling the magic dust on our legs. Ahh. Now the warm tickly tingles are happening in our legs, moving up over our knees and into the tops of our legs. They feel all warm and sparkly.

We begin to smile as we notice the tickly feelings.

Now the pixie sprinkles the magic tickle dust over the middle of our body – our hips, on our tummy and up across our chest.

Our body feels the fuzzy tickles like we are full of twinkle lights.

The tickle pixie carries on with the sprinkling. Now we feel the tickles travel all the way down our arms right to the very ends of our fingertips. And now coming back up our arms again and over our shoulders. Now the fizzy feeling tingles through our neck, and up into our head. We feel our face tingle with the tickly dust. It may even make our nose wiggle.



Wow. What a magical feeling! Our whole body is tingling with sparkling tickle pixie dust – we feel fizzy and sparkly all over.

The tickle pixie has done its job. You see it in your mind smile at you and blow you a sparkly pixie dust kiss goodbye. *(Do a kiss sound and blow.)*

It disappears in a puff of magic dust and the screen in your mind is once again blank.

You smile, feeling happy that your body has felt the magic of the pixie dust and without saying the words you think a big thank you to your little pixie.

It's time to return now.

We come back slowly – see if you can notice the sounds around you. PAUSE

Feel where your body meets the ground. Have a good stretch if you like making your body long like spaghetti. Take a nice big breath in, let your body relax - and sigh out of your mouth.

Gently open your eyes.

And now just sit or lie where you are for a minute.

How was that? Having the pixie dust sprinkled all over you!

Maybe you can still feel it a little?

Well done for giving yourself this time – to stop, breathe and feel your body from top to toe tingly with magical sparkling pixie dust.

Next time you feel you can't relax, try imagining your tickle pixie visiting every part of your body from your toes to the top of your head. With each part the pixie sprinkles that special dust, making you feel very relaxed there.

Well done you!

Peace out.



Time Out



5 minutes

Best for: clearing minds, and resetting after any sort of altercation or heightened emotion.



A brief but effective mindfulness exercise helping the children notice their thoughts, then their feelings, followed by their body and whether those feelings are manifesting in any sensations in the body. We focus on the breath and visualizing a big bright sunshine to sweep through our body outwards to the world – to clear and re-energize our spirit, ready for whatever is next!

James
x

Script

Let's try a quick meditation practice.

This is one you can do anytime to get yourself calm and refocused.

Firstly, whether sitting or lying down, get comfortable. PAUSE

If you are sitting, make your back nice and long.

If you are lying down, get settled so you are happy to be still PAUSE

Now you're in position, gently close your eyes. Well done.

To start, let's look at what is happening right now in your mind.

I'll ask you some questions. All you have to do is *think* your answers – no need to answer out loud.

What thoughts can you see in your mind right now? What are you thinking? PAUSE.

Remember thoughts are like bubbles – they pop up and then float away or burst!

Look at them – just notice them. Like you're standing at the side of the road watching cars zooming up and down...each car is a thought and you are simply watching them all. Ah there's a thought... and there goes another! PAUSE



Next question - what feelings are here right now for you?

Have a good look at them. Whether they are lovely feelings or they are hard feelings that don't feel very nice. Just look at them – not changing them – they are all allowed.

Now see if you can notice those feelings in your body – Imagine you are shining a torch over all the different areas. Having a good look. Is there anywhere in particular that you spot? Can you notice any tightness or holding? No need to change it – just look at it.

Now you are going to focus even more - using Zen Ninja laser sharp focus.

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

Keep your Ninja laser focus on your breathing. Feel it coming in and going out. Each and every breath – see it, watch it, follow it.

If your brain decides to wander off to your thoughts – that's fine – that's what minds do. See if you can spot when that happens and come back to this simple focus – which is 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 – right in your middle.

Now let's see if you can 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 – filling the room you are in, the building, street, town and country you are in. To the whole world and universe. Like you are making all this sunshine glow and grow - beaming so much light and warmth.

Making all this goodness – and sharing it like this - means everything will be fine.

Slowly open your eyes and look around. Here you are – amazing brilliant you. 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.

Peace Out.



7 minutes

Best for: introducing younger children to the idea of actively relaxing,



This is an exercise really - a fun relaxation game. We transition between two contrasting states – one that's wriggly and fidgety, and the opposite: floppy, soft and relaxed. By making these two states as clear as this, the children build awareness and develop familiarity in moving between them.

Jamie
x

Script

Let's try a fun relaxation exercise... yes! A FUN one!

First, find yourself a space, where you can lie down. PAUSE

Now you have your spot, we're going to have a go at just being still.

I know it seems really easy when you say it, doesn't it? But it can be quite a hard thing to do.

So let's try something and see if we can make being still something we're really good at. You can have your eyes open or closed for this – you decide what works best for you right now.

The first thing that will help us, is to know the difference between moving and being still. I bet some of you are really good at playing Musical Statues or Freeze Dance, so you know you can be still when you're playing a game. Let's try and play something similar now in our Peace Out – right where you are now in this lying down position.

We call this Wiggleflop. It's different to the party game, because in Wiggleflop you don't go stiff like a statue, you go soft – like a sleepy cat - as still, soft and floppy as can be. When I call out FLOP... that's when you stop and go floppy.

Are you ready?



OK.

Wherever you are, see if you can start to wriggle – wriggle your legs, your arms, jiggle your fingers, your toes.

Can you wriggle your body too? YES – your chest, and tummy. And your face – your nose and mouth. Everything wriggling and jiggling – that's it keep going! Wriggling a little bit more. Wriggle wriggle wriggle!

And now FLOP! Totally droopy...no moving. Not a sausage. Really heavy and floppy. Remember to breathe - breathing is definitely OK in Wiggleflop. PAUSE

And now, let's wriggle again! Yeah – get those legs and arms going – your feet and hands. Your fingers and toes all the wriggles moving up into your body and head – every last part of you having a good old fidget! That's it.

A little longer - wriggle wriggle wriggle and... FLOP!

Like you've been switched off – everything flopping down, not a flicker or flutter – breathing – yes, but total relaxed droopy stillness.

I reckon you might be pretty good at this... In fact you could be getting better with each time we play. OK let's have one final go – and 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...yes...now your hands and feet...fingers and toes. Body and face! That's it. The wriggliest you've been for ages. Like 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 get the gold medal for floppiness. Breathing and enjoying the feeling of being so heavy and still. Feel it in your body. How your arms feel now, your legs too. What real stillness with no holding or tension feels like in your body. Notice how your fingers and toes feel too – all these parts of your body almost tingling because they are so floppy and relaxed.

Breathe deeply – calming your heart, slowing yourself down so you can enjoy your brilliant stillness a little bit more. And if you find this hard - don't worry – as with all things we find hard, they become easier the more we practice.



Well done! It's time to return.

Listen to the sounds around you. Notice where you are lying or sitting. Feel where your body meets the ground beneath you.

Slowly open your eyes if you've had them closed and take a moment to just sit back and 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're feeling fidgety, see if you can remember Wiggleflop and to practice coming to that lovely melty soft floppy feeling. When you can do that, you'll have mastered something really amazing, and it will help you in more ways than you can imagine.

Peace out.