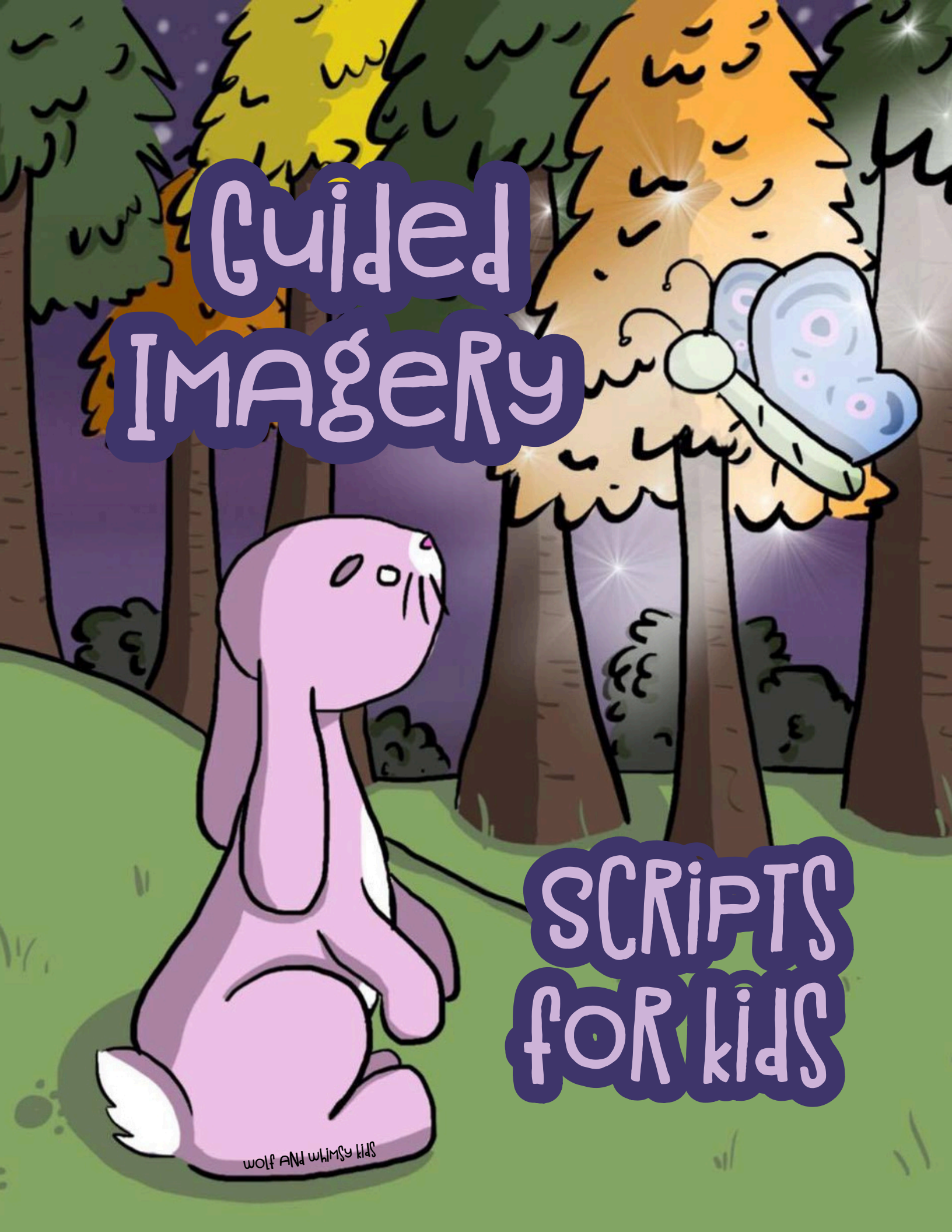
Guided Imagery
Scripts for kids
wolf and whimsy kids

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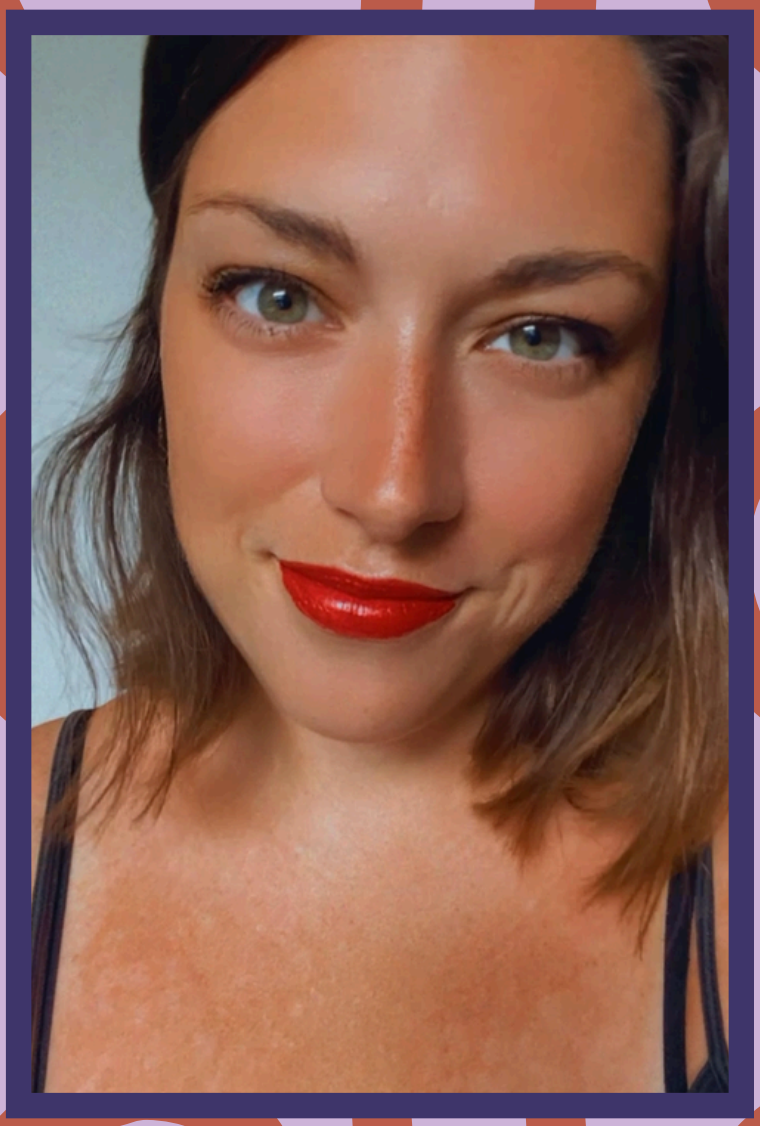
Requests to the author and publisher for permission should be addressed to Mae at Wolf and Whimsy Kids {wolfandwhimsykids@gmail.com}.

hello



hello

hey, i'm mae!
and i'm so excited you're here!

My days as a Kinder & Elementary school teacher taught me a lot about how much our kids benefit from mindfulness. I've personally seen the transformation, the social-emotional skills & wellbeing skyrocket, and moments of pause before being present.

I've seen kids grow up to be confident, compassionate, caring people... *people this world so desperately needs more of.*

Wolf & Whimsy Kids started in 2017 when I began creating mindfulness resources while I was completing my Master's degree in Educational Psychology at McGill University.

Since then, I've self-published multiple books and have had my work published in some of the world's most sought-after kids yoga teacher trainings, including Cosmic Kids and Kids Yoga Stories.

And I'm just getting started.

I've heard from people all over the world just how much they have loved introducing the practice of mindfulness in their homes and classrooms. Whether it's through yoga, guided imagery, journaling, mindful games, or something else, the impact mindfulness practices have on our mind, body, and soul is unmatched.

About Guided Imagery

Guided imagery is a method of achieving a state of relaxation by listening to someone, either in-person or a recording, tell a story.

These stories focus on a particular feeling or aspect of living such as happiness, sadness, bullying, fear, etc. and activate the five senses of the body. The telling of these stories include such vivid detail that the listener can actually feel, taste, smell, hear, and see in their minds the surroundings described in the story.

Guided imagery is widely used for helping participants achieve a state of peace. Practicing guided imagery can reduce stress and anxiety, ease physical tension, release emotions, shift thoughts and energy, improve focus, increase motivation and creativity, and increase happiness, among many other benefits.

Click me!

Read more here:

A Guide To Guided Imagery for Kids

Tips for Best Guided Imagery

- Lie or sit down in a comfortable position.

- Before starting, encourage relaxation by practicing at least one breathing technique- Ujjayi is the best for relaxation (see below). Follow this breathing exercise with 30 seconds-one minute of natural breathing.

- Close your eyes if you wish. Closing your eyes optimizes the guided imagery but never make yourself uncomfortable- if you don't want to close your eyes you don't have to! Guided imagery doesn't work if you are uncomfortable.

- If you are reading this guided imagery:
  - speak slowly and softly, but loud enough that those participating can hear you.
  - the ellipses in the scripts are meant to signal a pause in your speech. This pause can be as long as you like. However, keep in mind that younger children have a shorter attention span than tweens and teens so the longer you pause the more likely it is that they will become distracted during that pause.
  - it is okay to play some light music in the background during guided imagery. Keep the music low and instrumental, preferably the same song on repeat or a longer song. This way there is no distraction by the change of tone/volume/instruments of songs. Also, music with words tends to be distracting. You can also practice guided imagery without music, or you can use music during the pre-guided imagery relaxation time and, once the music stops, start your guided imagery script.
  - To come out of guided imagery, allow for some silent time after your script is complete. Then ask participants "Wiggle your fingers...wiggle your toes...slowly wake your body up. When you are ready, open your eyes, and come into a sitting position"

Once the guided imagery is complete, take the opportunity to think about the guided imagery- how did you feel during the guided imagery, do you have any thoughts and feelings about it?, how does it relate to "real life", etc. Really take this opportunity to understand how guided imagery scripts can work for your mind and body by paying attention inward.

Finally, have fun with it! These scripts are simply guidelines. Add your own spin on them or use them as a guide to create your own guided imagery scripts!

Ujjayi Breathing

Ujjayi breathing is a breathing technique also known as Ocean Breathing. This is a great breathing technique for relaxing muscles and slowing heart rate, creating a sense of calm and peace within the mind and body.

How to Practice:

Inhale slowly through the nose with your mouth closed, filling your body with oxygen starting at the lower belly, to the ribs, to the chest, to the throat.

Then exhale through the nose, starting at the throat, to the chest, to the ribs, to the lower belly.

After practicing Ujjayi breathing, take a few deep, slow natural breaths to cement the breathing practice.

Radiate Positivity

Find a comfortable spot where you can relax without any distractions. Close your eyes and take a moment to settle in. Let your body relax as you prepare to embark on a peaceful journey in your mind. Let's take a few deep breaths together to calm your body and mind...

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

Relax all the muscles in your body.
Allow your breath to take you deeper and deeper into relaxation...Feel your body sinking as you relax every muscle...Allow your body to sink deeper and deeper...

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

You wake in the morning to the bright sunshine streaming in your window. You slowly crawl out of bed to open the curtains and feel the warm sunlight beaming on your face.
You turn your face toward the sunlight and feel the sun's warmth.

You stand there, absorbing the warmth the sun is giving off...feeling it radiate throughout your body...filling your heart with love...your stomach with fullness...your hips with a light energy to ease the emotions we hold there...all the way down to your toes to lighten your once heavy step.

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

Your body is suddenly full of the sun's warmth and glow...making you feel happier and lighter... filling you with positivity and a sense of peace that wasn't there before.
Feeling energized and optimistic, you are ready to start your day.

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

Slowly begin to bring your awareness back to the present moment. Wiggle your fingers and toes, slowly waking the body. When you're ready, gently open your eyes. Carry this warmth and light with you as you move through your day, knowing you can always return to this peaceful feeling whenever you need it.

WASH AWAY UNWANTED FEELINGS

spot where you can relax. Close your eyes and allow your body to settle. Take a
nsion and prepare to release anything you no longer need. Let's begin by taking
a few deep breaths together...

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

Relax all the muscles in your body.
ke you deeper and deeper into relaxation...Feel your body sinking as you relax
ery muscle...Allow your body to sink deeper and deeper...

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

alking home from a nice walk in the park when it begins to rain...

ter fall from the sky...lightly landing on your skin...you turn your face toward the
ky and let the rain wash away your unwanted feelings.

ns to rain harder...the water makes you feel fresh and new...

let the water wash away all of your unwanted feelings...They slide down from
nd hands...dripping off your fingers onto the ground... Down your chest to your
your hips...down your legs to your feet...dropping off your toes...

notions are on the ground at your feet...It begins to rain harder, creating a river
uddenly your unwanted emotions are a part of that river...flowing along...lost in
the larger water they are now a part of.

tch as your unwanted emotions flow away from you forever.
You feel light, fresh, and clean.

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

ur awareness back to the present moment. Notice how your body feels - light,
gle your fingers and toes, and when you're ready, gently open your eyes. Carry
sense of peace with you as you move through your day.

The Flow of Music

Find a cozy spot where you can relax and feel at ease. Close your eyes and let your body settle into comfort. Allow yourself to fully arrive in this moment, letting go of any tension or stress. Let's begin by taking a few deep breaths together...

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

Relax all the muscles in your body.
Allow your breath to take you deeper and deeper into relaxation...Feel your body sinking as you relax every muscle...Allow your body to sink deeper and deeper...

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

You listen to the soft, slow music. Let it fill your ears with its slow melody, taking you deeper and deeper into relaxation...

The music flows through your body, creating a tingling sensation of calm...

From your ears to your nose, down your neck onto your arms and shoulders...you feel completely relaxed...

The music flows freely throughout your body...around your hips and down your legs...

The sound and flow of the music makes you feel as though you are sinking deeper and deeper into your relaxing place...your body is weightless, so light and airy you feel as though you are floating...

Let the music take you to where you need to be.

Take a deeeep breath in... 1...2...3...4...
Sloooow breath out... 1...2...3...4...

Slowly begin to bring your awareness back to your body. Notice the feeling of calm and lightness within you. Wiggle your fingers and toes, and when you're ready, gently open your eyes. Let the peaceful rhythm of the music stay with you as you move through your day with ease and calm.

Kicking Negative Emotions

Find a quiet, comfortable place where you can sit or lie down. Close your eyes and allow your body to settle. Let go of any tension as you prepare to release anything weighing you down. Let's begin by taking a few deep breaths together...

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Relax all the muscles in your body.
Allow your breath to take you deeper and deeper into relaxation...Feel your body sinking as you relax every muscle...Allow your body to sink deeper and deeper...

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Imagine you are standing on the soccer field. There, in the middle of the field, is a soccer ball. You slowly walk to the ball and begin to kick it around.

Back and forth...up and down the field you kick the soccer ball. Notice how kicking this ball makes you feel...Now imagine any anger, sadness, or hurt you are feeling are inside the soccer ball.

Anger...Frustration...Sadness...Stress...Anxiety... There they are, huddled together, inside the soccer ball you are kicking around...Back and forth...up and down the field you kick the soccer ball.

On your next kick, you lift your leg SUPER high...and kick that ball right out of the field. There it goes...flying through the air...taking your emotions with it. The ball lands softly in some grass on the other side of the field.They are gone...all of those emotions you were feeling are gone.

You feel so much better...so much more relaxed...Your heart is full of love...happiness...You smile as you look to the other side of the field and see your emotions so far away from you .Take a deep breath in and imagine your whole body filling up with love and happiness.

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Slowly bring your awareness back to the present moment. Notice how light and calm your body feels. Wiggle your fingers and toes, and when you're ready, gently open your eyes. Carry this sense of peace and lightness with you as you move through your day.

The Avengers Need your help!

Find a cozy spot where you can sit comfortably and relax. Close your eyes and take a moment to settle into stillness. Let go of any tension and allow yourself to feel calm and peaceful. Let's begin by taking a few deep breaths together...

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Relax all the muscles in your body.
Allow your breath to take you deeper and deeper into relaxation...Feel your body sinking as you relax every muscle...Allow your body to sink deeper and deeper...

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Imagine you are sitting at home...you hear a knock at the door. You slowly get up from your chair and open the door. You can't believe it! It's Captain America and Black Widow! They have had a long day of saving the world.

Their next mission is to relax and unwind from the day, and they need your help!

You take a deep breath in...a deep breath out...and agree to help them with their mission.You show the Avengers all of the things you learned in yoga today..[pose]...[pose]...[pose] [you can name poses for as long as you like].

After showing the Avengers how to do yoga, you teach them a breathing exercise. Take a deep breath in... fill your belly...Exhale, let it all out...Inhale, fill your belly...Exhale, let it all out...Inhale...Exhale...

The Avengers loved your yoga class and thank you for helping them with their mission! They are very relaxed now! You are very proud of yourself for helping the Avengers.
You are a superhero.

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Gently begin to bring your awareness back to the room. Notice how calm and powerful you feel. Wiggle your fingers and toes, and when you're ready, open your eyes. Remember—you have the power to find calm and strength whenever you need it. You are a superhero.

Sunshine Glow

Find a comfortable place where you can sit or lie down. Close your eyes and let your body relax. Let go of any tension and allow yourself to feel safe and calm. Let's begin by connecting with your breath...

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Relax all the muscles in your body.
Allow your breath to take you deeper and deeper into relaxation...Feel your body sinking as you relax every muscle...Allow your body to sink deeper and deeper...

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Imagine you are walking along a stream, the water shiny with the reflection of sunlight...flowing gently and steadily beside you as you walk...you stop and place your hand in the water...feeling the sunlit water between your fingers...

You continue walking along the field until you come to a large field of flowers...the sun is shining bright, warming your body...there is a warm, gentle breeze...You turn your face toward the sun and smile, soaking in the warmth it gives off...

Take a deep breath in and imagine that warm feeling spreading throughout your body...flowing like the water in the stream...from your face to your neck...to your chest....down the right arm...and the left arm...to your hands...and your fingers...

Imagine that warm feeling in your belly...spreading to your hips..down your right leg...and your left leg...to your ankles and feet...and your toes... Your whole body is glowing...flowing with warmth from the sunlight, just like the water in the stream...You love the sun and how it makes you feel...You smile, feeling happy and warm all over...You've got that sunshine glow.

Take a deeeep breath in... 1...2...3...4...
Slooow breath out... 1...2...3...4...

Slowly start to bring your awareness back to the present moment. Wiggle your fingers and toes, and notice how calm and light your body feels. When you're ready, open your eyes. Carry that sunshine glow with you throughout your day - you can always return to this peaceful place whenever you need.

WANT THE AUDIO VERSIONS?

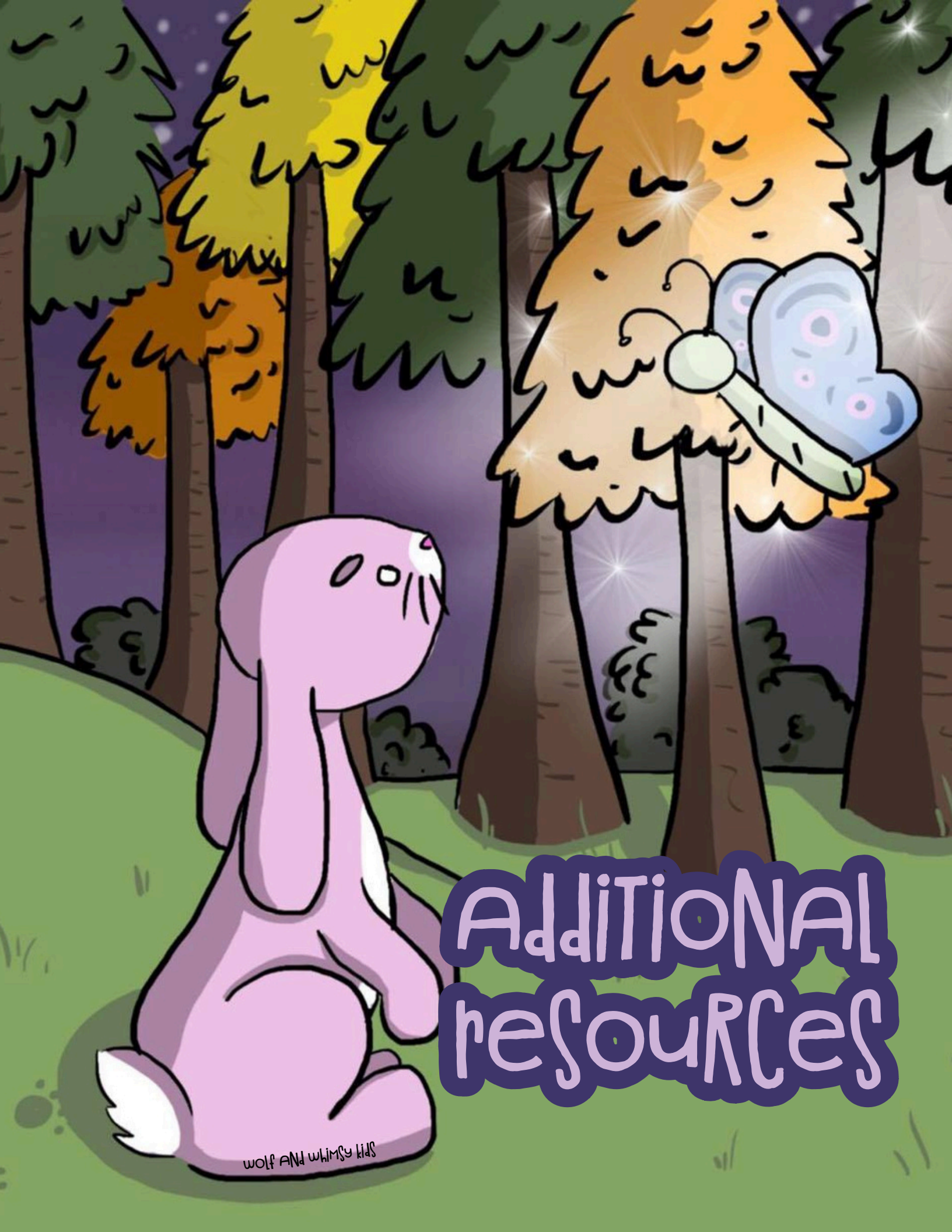
Scan the QR Code or click the link below to be redirected to the *Guided Imagery Collection for Kids* podcast. Here you will find audio versions of these guided imagery scripts!

APPLE

SPOTIFY

GUIDED IMAGERY COLLECTION FOR KIDS - SPOTIFY

GUIDED IMAGERY COLLECTION FOR KIDS - APPLE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Resources

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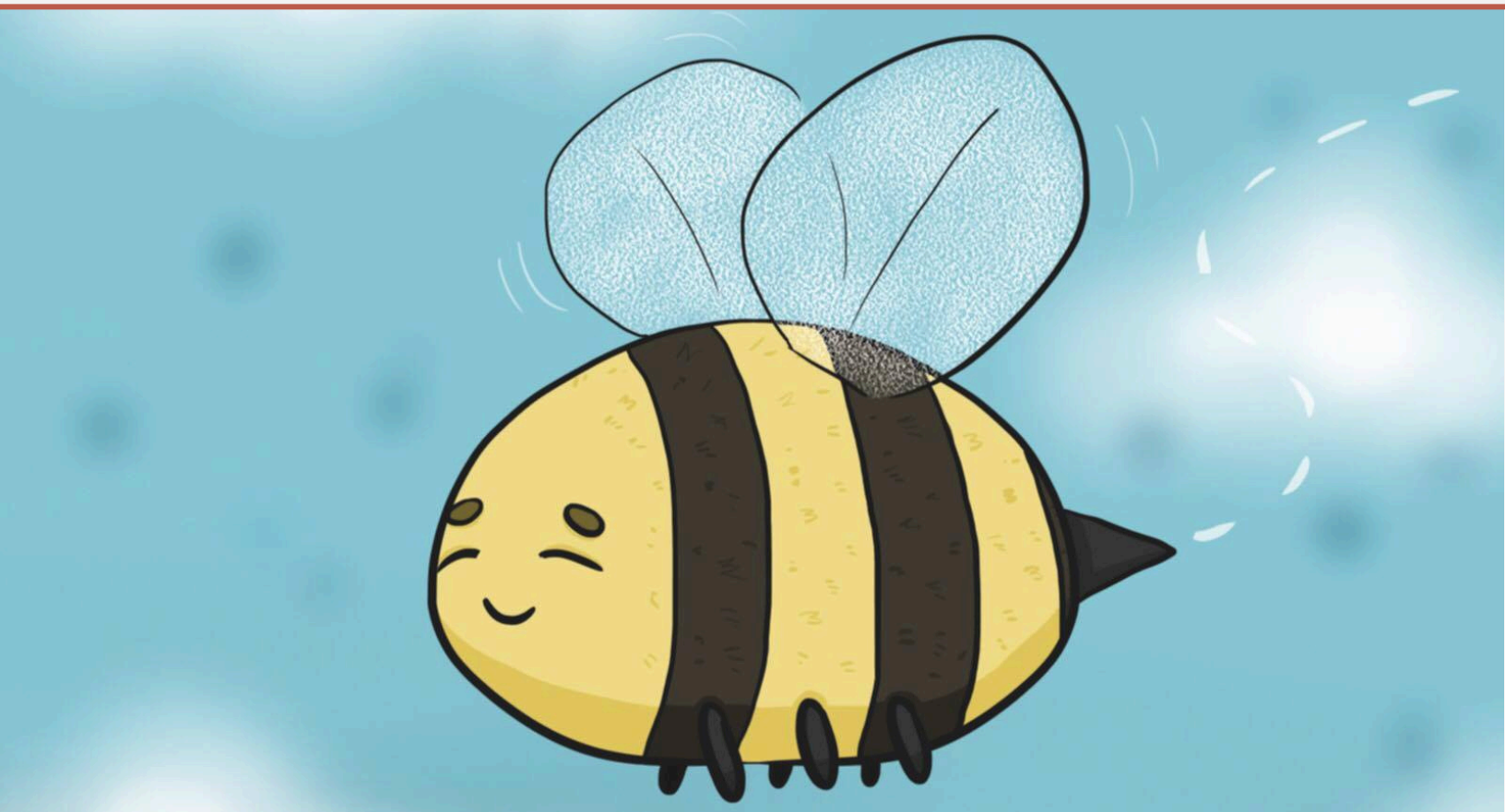
ROOOAAARRR! LIKE A DRAGON

CREATING MINDFUL CLASSROOMS GUIDE

THE MINDFUL EDUCATOR COURSE



DISCOVER THE PERFECT MINDFULNESS PLAN FOR YOUR CLASSROOM

SCAN ME

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