Relaxation Strategies for Children

Withering (or Wilting) Flowers

**Withering flower activity** - Have child/children pretend to be a flower starting as a seed. Then have them pretend the flower is starting to bloom and grow, stretching up. If they are using the bean bag, have them balance the bean bag in their hands as they stretch up. Turn off the lights and children slowly wither to the ground.


Worry Bubbles

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This activity is designed to help children to let go of worry. It is a visual activity that combines thought and action to assist the child in letting go. The activity not only helps the child to visualize worries drifting away, but it also promotes deep breathing as they are blowing the bubbles. Deep breathing automatically sends a message to the body to relax and calm down.

**Steps:**

- Explain to the children: “Sometimes worry feels like little bubbles inside our mind. We can feel worry in our tummies, in our brains, or pretty much anywhere inside our bodies. This activity is designed to help us release worry bubbles so that we feel more calm and relaxed.”
- 1. Find a bottle of bubbles
- 2. Think about the worry that is bothering you and picture that you are blowing the worry into the bubble as you blow a bubble
- 3. Picture the worry inside the bubble.
- 4. Watch it float away and pop, carrying the worry far, far from you.
- 5. Know that the worry has popped and is outside of you now, unable to bother you any more.
- 6. Keep blowing bubbles until you feel more calm and relaxed.

**Discussion:**

- 1. Check in with your body right now. Does it feel more relaxed? Does it feel less worried?
- 2. Were you able to picture your worries floating away in the bubbles?

Peaceful Kids - Guided Imagery Script for Kids Stress & Worry

You have permission to copy the following kids guided imagery and meditation script to print out for your own personal or classroom use.

(Once your child is lying down and comfortable, simply repeat the following, speak slowly and deliberately. Pause or exaggerate the underlined words or when it feels comfortable)

"Let's learn how to relax our bodies and minds tonight. Are you comfortable? OK, now let's start with something called a Balloon Breath. Let's breathe in very deeply and fill up our tummy like we're filling up a big balloon. Doesn't that fill good? Give your balloon a color. What color is your balloon? Make it really big and beautiful, as you fill it up completely. Breathing in from your nose, fill up your balloon completely and when it's full, exhale the air out and watch your balloon completely deflate! Isn't that amazing? Again a very deep breath, and now, exhale... very good.

Now just imagine that you are floating on a huge, white cloud. Feel how this fluffy light cloud totally supports your body and makes you feel so peaceful and light. The cloud seems to wrap itself around you so comfortably so you feel safe and warm. You have a feeling of being loved and cared for. It feels so great. Feel yourself floating on this soft wispy cloud, enjoying the gentle motion of this loving cloud as it glides and softly sways. There is a feeling of total peace and easiness.... it feels so wonderful to just relax here.

Now in just a moment, there is a large balloon that is going to float up near your float. This balloon is your blow away worry balloon. It's going to take away any worry you have, far far away. See that balloon coming up, floating close to your cloud. Picture the balloon any color you want. Now, put any worry of fear you have up into the balloon..... just watch that worry go into the balloon and see how tightly and nicely the big balloon holds onto that worry for you. Whatever it is that you are worried about, just see that going into the big balloon. Feel it lifting up out of your body and going straight into that balloon. The balloon is helping you and loves to take away that worry for you. Now, the balloon is quickly floating far far away. In the distance now, you see that balloon just pops a HUGE pop! And your worry is completely gone! How wonderful that feels! Now you see another balloon floating up to you on your nice fluffy cloud. This balloon is a different color. What color is this balloon? Now this is another blow away worry balloon and it's here to help! So put another worry into this balloon and watch it do the same as the first did.... it quickly floats far far away and then POPS! Wow... this is really amazing!

(Continue with new balloons coming until you ask...)

Do you need any more balloons or are all your worries gone? (Proceed according to your child’s answer, if there are more worries, use more balloons, if not continue with script). If you look below you now, you will see that in fact there is someone down there sending up these beautiful helpful big balloons to you. It's someone you love very much and who loves you very much! How wonderful it is to know you are so loved and cared for! Wave to that person and send love back as a Thank You! Just by imagining you are sending love to that person, you are. So send love now.

Now that all your worries are gone, you start to feel the sun shining it's beautiful warm rays done on you. You start to feel a very warm, loving feeling in your heart. You feel so wonderful and so loved! You are such a wonderful and special child! You are unique and amazing. Always remember that and keep that special feeling in your heart all the time. There is no one else like you. You are a very important part of the Universe and no one can do exactly what you do in the way you do it.
Now when you are ready, you can float back down on your soft cloud and back to this room. It was a wonderful journey!"

Now it's time for hugs and kisses goodnight! Wasn't that EASY? Guiding a meditation with your child IS truly easy to do and a lot of fun. You'll find that you will develop a very strong emotional bond and your child will truly be amazed at your ability to take them on magical journeys and help them alleviate their worries! In a child's mind, the journey has been very real. I like to close my eyes and get into the scene with my children. Your creativity is sparked and you can do whatever you want in your story! Magic happens here!

http://www.kidsmeditationcdu.net/guidedimageryscript.htm