

INSIGHT. POSITIVITY. GROWTH

# Bedtime Meditation for Children

BonOva Wellness  
HYPNOTHERAPY & COACHING

Some children can find it really hard to fall asleep and will find as many reasons as possible to stay awake. Taking a little time to spend with them at bedtime can really help them to relax and settle and fall asleep. Try this simple script to help them relax and drift off. It's ideal for children from 3-9.

- Tuck your child up in bed, get them to close their eyes and make themselves comfortable.
- Encourage them to close their eyes.
- Then in a soft, slow voice: Imagine that you have a ball of white light in your tummy, it's soft and warm and makes your tummy feel warm and relaxed.
- Now the ball of light is moving slowly down your legs wherever the light moves your muscles begin to relax and your legs begin to feel so heavy you couldn't possibly lift them up.
- The light moves all the way down your legs right to the tips of your toes. Your toes feel relaxed they don't want to move they just want to enjoy the warm light.
- You feel calm, relaxed and sleepy.
- Now the light is moving slowly along your arms, all your muscles relax and your arms feel like they're sinking into the bed, they're so heavy they don't want to move.
- Your legs and your arms and your tummy feel warm and cosy. Slowly the light shines out of your fingertips.
- The light gently moves to your head, your forehead relaxes, your jaw relaxes, and your eyes relax.
- Your eyes feel so heavy that they just don't want to open.
- Your brain feels completely empty apart from the warm light creating nice dreams for you.
- Your head feels so heavy it just wants to sink into the pillow.
- You might want to spend longer on some areas rather than others but the whole thing should be between 5 and 10 minutes.

