



# Bedtime Meditation for Children

This activity is a partially guided meditation you carry out with your child. It's about giving them happy thoughts to relax them. It's ideal for helping them get off to sleep, calming them after an upset or if they're feeling anxious. You will need to script (guide) the first part before leaving it to them to take over. Below is an example of how I would script this. You wouldn't expect an answer to the questions

- Close your eyes and imagine you're standing outside your house blowing up a balloon, think about what colour your balloon is, take a deep breath through your nose and push the air out through your mouth into the balloon.
  - This is a magic balloon so it will get as big as you need it to, much bigger than a regular balloon.
  - As you keep doing this your balloon gets bigger and bigger and bigger.
  - Now imagine holding this balloon in your hand, as you do it lifts you slowly up into the air.
  - Past your house, up into the air towards the clouds.
  - The sun is shining and the air is cool. If you look down you can see the tops of the trees, cars driving along the road, and people walking their dogs. Birds fly past you and if you look up you can see the clouds and maybe some aeroplanes.
  - You're headed towards your favourite place, think about where that might be, it can be real or imaginary.
  - Think about how you will get there what else are you going to fly over? Maybe over a mountain, or other countries. Maybe over some fields or big cities.
  - PAUSE to allow them to imagine this journey, occasionally repeat phrases such as "keep holding onto your balloon while you float towards your favourite place" or "nearly there now".
  - Now you are slowly coming down and down. Down to land in your favourite place.
  - Look around, what do you see? How do you feel about arriving here? Imagine where you will go first and what you will see. Who will you see and talk too?
  - Finish up with "just keep imagining your special place and all the things you will do there. You can stay there for as long as you want".
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