



# MEDITATION

## THE TREE

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### INSTRUCTIONS

- Do this with your children before bed or if they have just had a big argument/ melt down
- Make sure you are calm and happy when you do this so it feels safe for the children
- Do this once a day or once a week - either way it will make a difference to their overall mood and they will feel happier during the day too!
- Try it yourself, read it first and then imagine it in your head when you go to bed. Play relaxing music if that helps!

### HELP CALM THEM WITH SOME BREATHING FIRST...

Close your eyes. Listen to your body and take a calm breath in and out...in and out...each time you breathe in, imagine you're breathing in goodness. When you breath out...imagine your blowing out any worries and anything that's upset you today...breathe in the goodness...and blow out the sillies or worries...(x3) Okay now focus on your body... you are relaxed and ready to imagine a very special place. Keep your eyes closed and imagine the story in your head..."

### READ THIS OUT TO THE CHILDREN/ PRE-READ IT FOR YOURSELF

Imagine your stood in a field full of flowers...you've got bare feet and you're stood on the cool green grass, there is a light breeze. You can feel it on your face. Raise your head to the sky. The sun is shining down on you're face and it feels warm. You're whole body is relaxed. You look around the field at the flowers, what colour are they? You just stand there for a moment feeling content and happy. This is your safe place. You look ahead and you see a tree in the distance. The sunlight is shining down above the tree and it glows. You begin to walk toward it. You can feel the ground beneath your feet. You feel safe and secure. You get to the tree and you realise, now you're close that little stars are hanging on it. Each one has a special message of hope on it. You reach up and pick one off the tree, you look down at it in your hand. What does your message say? You hold the star in your hand and you smile. It makes you feel happy. You sit down under the tree and relax. Your body feels quiet and calm. The tree is your special place, you can come back here any time. Soon it's time to go. You stand up and say good bye to the tree. You put a star in your pocket to remember your time here. You begin to walk back to the flowers in the field. Slowly you walk through the cool grass and feel happy. You finally get to the field and you take a deep breath. Smile and wave goodbye to the tree. When you're ready open your eyes.



CALMS YOUR HEART RATE



REDUCES STRESS



CLEARs YOUR MIND



HELPS YOU SLEEP