

Guided
IMAGERY
Collection
FOR kids

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Wolf and Whimsy Kids does not give medical advice or prescribe the techniques mentioned within its pages as a form of treatment for physical, emotional, or medical problems. This book is not intended as a substitute for the medical advice of physicians. The intent of this book is to provide information of a general nature to guide you in helping your children in their emotional, physical, and spiritual wellbeing.

Requests to the author and publisher for permission should be addressed to Mae at Wolf and Whimsy Kids [hello@wolfandwhimsykids.com].

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.

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.

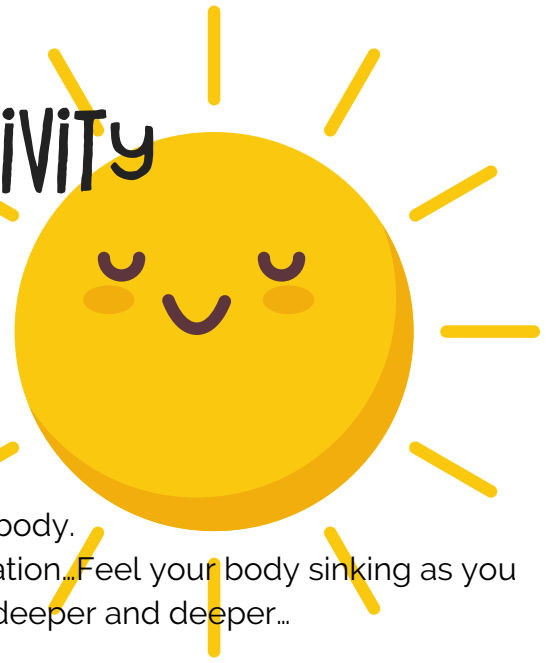
How to Practice:

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



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...

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...

WASH AWAY UNWANTED FEELINGS

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...

Deeeep breath in...

1...2...3...4...

Sloooow breath out...

1...2...3...4...

You are walking home from a nice walk in the park when it begins to rain...

Slowly, small drops of water fall from the sky...lightly landing on your skin...you turn your face toward the sky and let the rain wash away your unwanted feelings.

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

Standing in the rain, you let the water wash away all of your unwanted feelings...They slide down from your face...to your arms and hands...dripping off your fingers onto the ground...

Down your chest to your stomach to your hips...down your legs to your feet...dropping off your toes...

All of your unwanted emotions are on the ground at your feet...It begins to rain harder, creating a river where you stand... and suddenly your unwanted emotions are a part of that river...flowing along...lost in the larger water they are now a part of.

You watch 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...





The Flow of Music

**This guided imagery script is meant to be played with some light music in the background. See above for notes on music.

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...

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.

Deeeep breath in...

1...2...3...4...

Sloooow breath out...

1...2...3...4...

KICKING NEGATIVE EMOTIONS

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...

Deeeep breath in...

1...2...3...4...

Sloooow 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.

Deeeep breath in...

1...2...3...4...

Sloooow breath out...

1...2...3...4...

The AVENGERS Need your help!

**This guided imagery script is meant to be used after a yoga practice.

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...

Deeeep breath in...

1...2...3...4...

Sloooow 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.

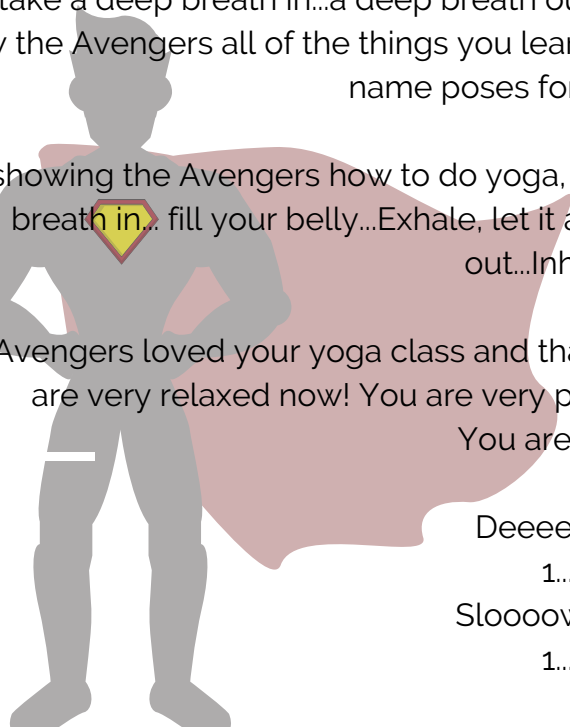
You are a superhero.

Deeeep breath in...

1...2...3...4...

Sloooow breath out...

1...2...3...4...



SUNSHINE GLOW

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...

Deeeep breath in...

1...2...3...4...

Sloooow 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...

Sloooow breath out...

1...2...3...4...

WOLF AND WHIMSY KIDS

Wolf and Whimsy Kids is a mindful kids brand for curiosity, joy, confidence, and creativity!

We do this through mindful breathing, journaling, creativity, guided imagery, yoga, and more!

At Wolf and Whimsy Kids the goal is simple: **empower kids and activate their magic...one book at a time.**

Words are the magic that we hold within; magic I truly believe every child should hold on to.

Wolf and Whimsy Kids started with my love for writing. When I was a kid I carried around a journal with vibrant colours and a picture of Tweety Bird on the cover. I wrote songs, stories, and poems. Mostly for myself but also for my friends and family. My mom would even have my poems published in the local newspaper.

Reading, writing, journaling, and creativity have been the things that have helped me transform my life. They have been the things that have helped me share my magic with others. Now, I share my spark with kids as a reminder:

YOU ARE MADE OF MAGIC! ✨



ALSO AVAILABLE FROM WOLF AND WHIMSY KIDS:



ROOOAARRR! Like A Dragon - A Mindful Breathing Book for Kids



It's A Wonderful, Whimsical World of Writing - Journal for Kids, with available matching Grown Up Edition



It's A Wonderful, Whimsical World of Writing - Journal for Toddlers, with available matching Grown Up Edition



Free Resources at www.wolfandwhimsykids.com

