



guided relaxation

with Mellisa Dormoy
of Shambala Kids

“Peaceful Butterfly”

A nighttime relaxation for your child is ideal after an active day. Guided relaxation calms little bodies and minds. They'll fall asleep easily and sleep soundly. Simply read the following words in a loving, soothing voice with a gentle pace, pausing often. Watch how your child visibly relaxes and engages the imagination in this meditative story. The more this script is used, the easier your child will relax and be able to concentrate.

Close your eyes and take in a nice deep breath. Allow your tummy to fill up like a balloon, and then exhale slowly. Do this five times to really relax your whole body completely. (Pause for breathing.)

Your body begins to feel deeply relaxed and sinks down further and further into your nice, soft bed. Your legs begin to feel very heavy. Your arms begin to feel heavy and relaxed. You enjoy every moment as your body continues to relax with each word I say.

Now as your body relaxes, imagine you're a beautiful butterfly fluttering high in the sky. You see the lovely green valley below you with lots of colorful flowers, just waiting for you

to enjoy. You feel the wind blow against your delicate wings. As the wind touches you, it gently blows away any worries, any stress you feel. Feel how wonderful it feels to be so free. Your mind is clear and calm. You have left any worries far behind now. You are completely peaceful. You are beautiful as you allow your true happiness to shine through.

The sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it. The earth is a patchwork of color and you enjoy each moment here, gliding along feeling so joyful and peaceful. You spread your wings far and stretch. It feels so good. Your body is calm and your mind is peaceful. You are ready for wonderful peaceful sleep tonight.

Take in a deep breath now and exhale slowly. When you are ready, give your body a big stretch. With a clear, calm mind, say these words to yourself: I am peaceful and I am calm, ready for a wonderful adventure in dreamland.

Good night little one.