

Guided Meditation

Playful Otter Meditation: Help Kids Get the Wiggles Out

Otters love to swim and splash and tumble through the water. They know how to use all of their energy. And they also know how to float peacefully when it's time to rest.

Now, we're going to imagine we are playful little otters.

Close your eyes and picture yourself beside a beautiful, sparkling river. The water is cool and clear. You dip one foot in and... Splish, splash, splish, splash.

Now the other foot... Splish, splash, splish, splash.

Move both feet and imagine you're kicking through the water like an otter. Kick them fast for a few seconds... Kick, kick, kick!

[Let your child kick until they've moved a good amount of energy.]

And... stop. Let's check in with our bodies and see how we feel.

Next, your playful otter wants to roll and tumble through the water. Roll your shoulders backward in big circles. Roll... and roll... and roll. Now roll them forward. And let them drop.

Ahhh. Notice how your shoulders feel now. Your otter has been swimming and playing, and now it feels good to stretch. Reach your arms high above your head. Stretch your fingers as far as they'll go. Stretch your legs long, too.

Imagine your whole body growing long from the tips of your fingers all the way down to your toes. Take a big breath in as you stretch... And breathe out as you relax.

And now - look! Your otter just climbed out of the river, and its fur is soaking wet. Time to shake off all that water!

Shake your hands. Shake your arms. Shake your feet. Give your legs a wiggle.

If your whole body wants to shake, let it shake. Shake, shake, shake all those last little wiggles out.

And then... Freeze.

Notice the quiet that comes right after all that movement. Your body is softly still - not tense.

Your hands can be still. Your feet can be still. Your shoulders can soften.

Your otter is ready to rest now. Imagine slipping gently back into the calm water. Curl into whatever position feels cozy to you.

The water holds you easily, and you don't have to do anything at all. You simply float.

Feel yourself breathe in... and slowly breathe out as the river gently rocks you.

Your legs have finished kicking. Your arms have finished splashing and rolling. Your whole body has finished playing for the day.

Now, there is nowhere you need to go. Nothing you need to do. Just float. With every breath, your body becomes a little heavier... a little softer... a little quieter. You are warm, cozy, and safe.

And just like a sleepy little otter floating peacefully on the water, you can rest here for as long as you'd like.

