Guided Meditation

Halloween Bedtime Meditation

Glowing pumpkins, colorful costumes, spooky decorations, and lots of people and candy. There were so many sights and sounds during trick-or-treating.

Maybe you felt excited, nervous, or a whole bunch of different feelings.

Now you're home, your costume is put away, and we've had our fill of treats.

You don't have to hurry to the next house or wonder what's around the next corner. There's nowhere else to go tonight.

Take a moment to notice how comfortable your bed feels beneath you. Feel the softness of your pillow and the gentle weight of your blanket.

You're in your own familiar space, with people who love and care for you nearby.

Take a nice, easy breath in. And slowly let it out. Give your toes a little wiggle, then let them become still.

Your legs worked hard carrying you on your Halloween adventure. Gently squeeze the muscles in your legs, then let them relax.

Your hands don't have to carry your trick-or-treat bag anymore. Now let's make two little fists. Squeeze them gently, then release. Let your fingers uncurl and rest.

Lift your shoulders toward your ears, then let them drop with a long, slow breath.

Ahhhh. Your body has done so much tonight, and your mind has been busy too. How nice it feels to slow down and rest.

Now, let's imagine a little Halloween pumpkin with a friendly, smiling face and a warm golden light.

As you breathe in, imagine the pumpkin glowing warmly. As you breathe out, imagine its light becoming just a little softer.

Breathe in. See the warm, gentle glow.

Breathe out. Watch it get a little softer now.

Just like the pumpkin, you can let your own excitement grow softer and quieter. Tonight was full of memorable sig

Imagine placing each happy memory into a little basket beside your bed. One by one, tuck them away until tomorrow.

And if something you saw tonight felt a little scary, we can talk about it together. Or, you can let that thought rest in the basket until tomorrow.

(Pause to allow your child to process emotions and see if they want to discuss anything.)

Right now, you're here in your cozy bed.

Outside, the neighborhood is becoming quieter. The footsteps have slowed, the porch lights are going out, and the moon is shining softly in the sky.

Notice how relaxed you feel. Your legs are soft and heavy. Your hands are resting, and your shoulders are loose and comfortable.

Take one last gentle breath in, and slowly let it go.

Your Halloween adventure is complete. All those fun memories will be waiting for you tomorrow.

Goodnight, little pumpkin.

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