



GUIDED MEDITATIONS FOR CHILDREN

Guided meditations and visualisations can be a very useful technique to help children to relax, concentrate on the here and now and feel more positive. See below an example meditation story that you could try with your little ones at bedtime. Ideally, this should be done lying down or sat in a comfy chair in a calm and quiet space.

“Close your eyes, be very still and imagine that you have Aladdin’s magic carpet. Take a closer look: it is the most spectacular carpet in the world, made with very special golden thread. The carpet is colourful and has an exquisite design on it. Spend a few moments looking at the beautiful patterns and vibrant colours. Sit in the middle of the magic carpet and cross your legs. Now say the magic word “abracadabra” and feel the carpet start to float very gently above the ground. When you decide you are ready to climb higher, the carpet will drift upwards. You will feel yourself getting lighter and lighter, as relaxed and happy as can be. The air is your home. If you would like to travel through soft fluffy clouds, you may do so, or you may ask the carpet to pick up a little speed and move forward. You know you are in control, and can choose to swoop and soar, zip and zoom, dip and dive, flit and flutter on this magic carpet. The tassels of the carpet are blowing in the wind. Feel the air rushing through your hair and the clouds brushing your face. You feel fresh and invigorated as the magic carpet takes you around the world. Whenever you like, you may ask the carpet to slow down or float, as you stop to look at the beautiful landscapes below. You may wish to hover over the desert or the snow-capped mountains or the green blue sea. The choice is yours. Be free to go on your own special adventure and explore new and exciting lands and possibilities. When you are ready, ask the magic carpet to float back down to earth.

And now when you are ready, wiggle your fingers and toes have a big stretch and open your eyes.”

Relax Kids

The above meditation story is taken from the wonderful “Aladdin’s Magic Carpet” by Marneta Viegas which contains 52 guided fairy tale meditations for children and is available to buy for £9.99 on our website www.themindfulnessclub.co.uk

