



Guided Visualisations

Guided visualisations are a great way to introduce mindfulness to children.

As you read visualisations to your child, it will help them focus their mind, relax their body and develop a positive mental attitude at school and home. Teaching children mindfulness techniques will help to reduce stress and anxiety as they get older.

Preparation for visualisation

Ask your child to find a comfortable position, this can simply be sitting with their legs crossed and hands on their knees, or lying down.

Ask your child to take a few deep breathes in through their nose and out through their mouth and focus for a moment only on their breath. Ask them to close their eyes. Ask them to have a little wriggle around - start by moving your arms, legs, toes and fingers.

Let your body feel calm and relaxed as you gradually become still. Then you can start to read. Remembering to speak softly and slowly, with a few pauses to allow your child to absorb the information and use their creative imagination.



Phone: 0121 777 7792 Email: Info@YogaBugs.com

www.YogaBugs.com

Magical Rainbow Waterfall visualisation

Have a look around you, you are standing in a forest surrounded by tall trees.

Thick brown trunks and bright green leaves are all around you. You can see the sunlight peeking through the leaves so you aren't stood in complete darkness. It looks magical!

What sounds can you hear..... The blowing of the wind?

The rustling of leaves around you? Can you hear any animals....maybe birds or squirrels?

As you look above, you can see birds and a nest. The tweeting bird is looking for something around her. Maybe she's looking for food?

Once she finds whatever it was she is looking for she flies away, you watch her for as long as you can before she disappears out of your sight. Have a wonder around the forest, what else can you find?

As you walk further you can hear running water and eventually you come across a little stream of water. The water is running quite fast and looks a pretty blue colour. You follow the stream through the trees. The water is running faster and faster the further you get.

A little more into the forest you finally see a large waterfall connected to the stream of water!

It's the most beautiful thing you've ever seen. The glistening blue water is flowing and bubbling into the stream below it. The gushing sound of the water is actually very relaxing. You see some rocks that you can climb down to get a better view.

You can reach out in front of you and touch the cool water.

Take a second to admire the image in front of you, it looks and sounds magical. You take a closer step towards the waterfall.

Now you can see the many colours running through it! It looks like a rainbow.

First you see red, orange, yellow, green, blue, indigo and violet!

You can feel all of the colours running through you as you reach out into the water again.

Your whole body feels happier, lighter and full of life!

The water brings you complete peace and comfort, take a big deep breath... and exhale, do this a few more times.

You feel entirely happy in this moment. You start to walk away from the waterfall, remembering how it makes you feel.

It makes you smile big and wide. Now your time at the waterfall has come to an end, whenever you need to wash away your fears, the magical rainbow waterfall will always be here to comfort you.

Take a moment to remember everything about this place, the smell, sounds, colours and how it feels.

Concentrate on your breathing while you do this, in... and out.

Then when you are ready to say goodbye, open your eyes.