



# Guided Visualisations

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

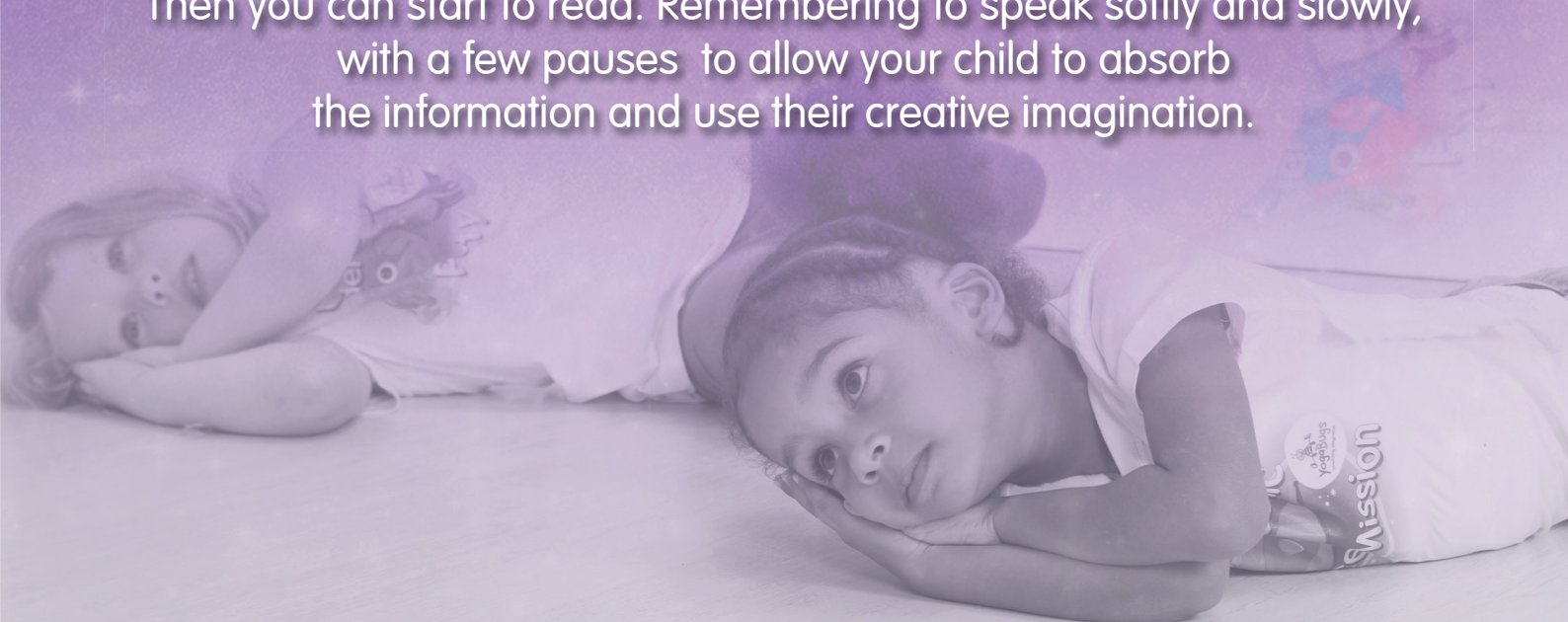
As you read visualisations to your child, it will help them focus their mind, relax their body and develop a positive mental attitude at school and home. Teaching children mindfulness techniques will help to reduce stress and anxiety as they get older.

## 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.



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# Purple Balloon visualisation

Imagine you are standing in a garden, have a look around at the grass, trees and the flowers...

The sky is bright blue and clear, no clouds in sight.

But you do see a big shiny object in the sky. It's floating towards you it's a purple balloon!

You start to wonder if the balloon has a story...

Where has it come from? How did it end up here? Who did it belong to?

As the balloon gets even closer, carefully reach out and try to grab it.

Make sure you don't get go! This is a magical balloon.

Now you're holding on to it, you can feel it rising... It pulls you onto your tiptoes and before you know it, you're floating high up in the sky!

You trust the balloon, relax and take in the view as it glides you through the sky..

The warm wind is blowing on your face. You look down and see rows and rows of fields and trees. You also see houses; can you see your house?

A little further along and you can start to see your favourite place in the world! The shiny purple balloon takes you down towards it. Slowly and gradually, your favourite place becomes bigger and clearer. You are the only person that knows about this place. use all of your senses to remember what it looks like. smells like.. and sounds like..

When you softly land on the ground, you can feel what's around you.

Is it warm or cold?

Can you hear anything around you? Are you alone or are there other people with you?

What is it about this place that makes it your favourite?

Longer pause

Keeping your shiny purple balloon with you, start wondering around wherever it is that you have landed..

Take in a big breath and breathe out.

You feel very happy here.

You can stay here for as long as you like, feeling completely full of love and happiness..

When you decide to leave, just tug on your shining purple balloon and it will slowly lift you back into the bright blue sky.

As the balloon lifts you back up, you feel the fresh warm air on your face. This time there are a few clouds floating alongside you.

Use your hands to softly push them out of your way, making sure you can see everything around you.

Eventually you are taken back to the garden where you took hold of the balloon. Wiggle your feet as you get closer to the ground, prepare yourself to land.

When you're safely on the ground, wave goodbye to your friendly balloon.

You feel very happy after that journey! Keep smiling and waving until it flies away completely out of your vision.

When you're ready, you can gently open your eyes.