

Treehouse visualisation

Today we're going on a mystical adventure so close your eyes and make sure you're comfortable. Start with a few deep breathes, in.. and out.

Now let's imagine you are stood outside. Maybe it's a garden, a park or a field. The grass around you is beautifully green with colourful flowers poking out of it. Flowers of all colours, red, pink, blue, yellow.

Some flowers have tall stalks, some have short. Some have thin petals while others are thicker. All of the flowers smell amazing, take in a deep breath to take in the smells around you. It smells sweet.

It's warm here, you can feel the warm air touching your skin and the heat of the sun on your face. Take a little walk around, what else can you see?

There are birds in the trees chirping and singing.

Some sound closer to you than others. As you continue to wonder through the garden you find an old stone footpath. It's mostly covered with weeds but you can still follow it. It takes you deep into the grass towards a large tree. The tree is huge! You can barely see the top through all of its leaves and branches. There's a rope ladder hanging down the trunk, so you start climbing it.

I wonder what we will find at the top'. When you get to the top of the ladder there's a thick branch leading the way to a door. It looks like a tree house!

Open the door and have a look inside.

There's a living room with a cosy looking sofa. There are pictures covering the walls and a large bookcase in the corner. The floor is covered in cushiony carpet that warms your toes with every step. It looks very homely.

Sitting on the sofa is someone you know. It's someone very special to you that you love a lot, only you know who is sat here. Having this person here makes you feel safe and at home.

They are smiling widely at you; it makes you very happy. Give them a big hug. You can ask this person anything, they will love you no matter what.

As you ask or tell them something, they listen carefully. They really appreciate you opening up to them and smile as you speak. This makes you feel warm and happy.

This is your special treehouse. If you ever need someone to talk to you can return here.

Whenever you feel sad or lonely you can come here to feel better. It always makes you feel better to talk to people you feel safe around.

Talking to them will make you feel happy! You've finished talking, you say goodbye. Leave the room and close the door behind you before carrying on back down the ladders to the bottom of the tree.

Once again have a look around you, taking in the flowers, the smells and the warmth on your body. Take a deep breath, smell the air around you. It's now time to return home.

Just like we did at the beginning, slowly stretch out your arms and legs, then your hands and feet. Then when you're ready, open your eyes.