

INNER KINGDOM

Take in a very deep breath, and let it out slowly. As you continue to breathe deeply and calmly, think about something you love to do and do really well.

This is called a talent, and we all have something that we're really good at doing. Hold onto those happy feelings of doing what you enjoy and continue to focus on your breathing.

Feel yourself rising up higher and higher with each breath. You're rising up so high that it feels like you're floating. Keep breathing calmly. Feel yourself glide through the sky, floating around in the air.

When flying around you see a kingdom.
It's a special place where everyone admires you!

As you approach the castle gates, you see a big banner that says, "Welcome!" All of the townspeople are lined up on the side of the streets with flags and banners, and they're all cheering for you as you walk toward the gate.

You walk toward and go inside. A man in a funny looking suit is standing there to greet you. "Welcome to our kingdom!" he says. "We've been waiting for you!"

This kingdom is a place where they really love and admire people who can do all the awesome things that you can do, and since you do things so well, they think you belong here as an important part of their kingdom!

All the people here love you. You are a role model and inspiration to every single person here!

How do you feel knowing this? Do you feel good? Warm? Happy?

You can come back to this kingdom any time you forget how amazing you are, and all the people here will remind you! For now, it's time to go back home, but you can carry all the wonderful feelings back with you and enjoy them every day.