



A Walk Through My Favourite Spot Meditation


A useful strategy for supporting children to relax and fall asleep.



Get comfy, close your eyes and rest your arms down beside you.




Imagine you are on a walk in your favourite place.



Imagine the sun warming your face and making you feel all warm inside.




Think about what you can see.




Let's pause to sit on a bench and take in the view.


Notice how it is a comfy bench, feel yourself sink into seat and get comfy.




Can you smell anything in the air as you take another deep breath?



Is there anything you can taste as you breathe in slowly?



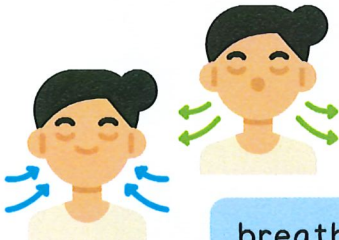
Listen carefully, notice any noises around you as you continue to take slow deep breaths.



Feel yourself relax into the bench. Feel your body get heavier as you rest your eyes.

Pause to rest, notice yourself feeling calm, happy and relaxed.

Take a deep breath...



...breathe in slowly through your nose...

...breathe out slowly through your mouth.