

## Guided Imagery for Relaxation

Reading aloud a guided imagery story slowly and calmly can be relaxing for children. It might be a good idea to practice this at bedtime or naptimes if your child is feeling a little anxious. Here is an example.

### Floating on a Cloud

Begin to create a picture in your mind. Imagine that you are floating on a soft, fluffy white cloud.

Feel the surface beneath you becoming softer... more cloud-like... Feel the cloud rising out of the surface you are on, surrounding you in its protective support... soon you are floating on just the cloud...

Let it rise a little further, taking you with it... see the walls and ceiling around you disappearing as you float into the sunny sky... Drifting on the cloud.

Feel the cloud beneath you. It is soft but supportive. Feel the cloud supporting your whole body.

Notice each place where your body is touching the cloud. Feel how soft and comfortable the cloud is. It is almost like floating in the air.

Notice how the cloud feels. It might be a little bit cool, and moist, like fog. Your body is warm, very warm and heavy, and sinking into the cloud. It is a wonderful feeling.

Start to create an image in your mind of where you are. You might be floating just barely above the ground. You can choose to float wherever you like. The sky above you is bright blue, sunny, and inviting. You are warm and comfortable, warmed by the sun's rays shining down peacefully.

There are some other clouds in the sky, floating gently. See them lazily passing by, far above.

Your cloud can float wherever you choose. If you enjoy being high up, you can let your cloud rise into the sky. It is very safe. Very calming. Very relaxing. You are so relaxed. Floating on a cloud.

