

# Kids Meditation

Peace | Love | Kindness

## VISUALISATION MEDITATION

### Journey to Tranquility

#### Unlock Inner Calm and Creativity Through Imaginative Beach Exploration

The effectiveness of this visualisation meditation lies in creating a safe and calm environment where your child can fully engage with their inner world. Encourage them to embrace their imagination and enjoy the journey through their senses.

Now, let's begin...

1. Begin by finding a comfortable and quiet place to sit or lie down. Close your eyes gently and take a deep breath in, filling your belly with air, and then slowly exhale. Let's begin our journey.
2. Imagine yourself standing at the edge of a beautiful beach. Feel the warmth of the sand beneath your feet, as it gently massages your toes. As you take a step forward, feel the soft grains sinking under your weight. Take another step and notice how the sand feels cool and refreshing against your skin.
3. Listen carefully to the sound of the waves crashing against the shore. Can you hear the rhythmic swishing sound? It's as if the ocean is speaking to you, sharing its ancient wisdom. Take a moment to listen and connect with the soothing sound.
4. As you walk along the shore, you notice a person up ahead. They are sitting on a rock, looking out at the vast ocean. Slowly approach them and sit down beside them. This person is wise and caring, and they are here to listen to you.
5. Take a moment to share your thoughts and problems with this person. Speak from your heart and express any worries or concerns you might have. They are here to offer you guidance and support. Listen attentively as they respond.
6. Now, shift your attention to your surroundings. Feel the gentle breeze brushing against your cheeks, bringing with it the scent of saltwater and the freshness of the ocean. Take a deep breath and allow this aroma to fill your lungs.
7. Open your eyes in your imagination and observe the colours around you. See the vibrant blue of the sky stretching out above the horizon. Notice the different shades of green in the trees and grass nearby. Take in the beauty of nature with your eyes.

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8. Extend your hand and scoop up a handful of sand. Feel its texture in your palm. Let the fine grains slip through your fingers, like time flowing away. Notice the sensations on your skin as you touch the sand.
9. Now, bring your attention back to your breathing. Take a deep breath in, and as you exhale, release any tension or worries you may be feeling. Allow yourself to feel calm and peaceful.
10. Before we finish, take a moment to thank the wise person beside you for their advice and guidance. Express your gratitude for their presence in your life.
11. Slowly, bring your attention back to the present moment. Wiggle your fingers and toes, and when you're ready, gently open your eyes. Remember that you can return to this beach anytime you need a moment of peace and guidance.

I hope this meditation script helps the child feel calm, connected to nature, and supported. Remember, meditation is a personal experience, so feel free to adapt and modify the script as needed.