

Kids and teens 5

Sleep Meditation for Kids – The Butterfly Nest

Hello and welcome to this relaxing session that tells a story to make you fall asleep easily, getting a long and restful sleep....

Get into your bed and lay down on your favorite pillow... feel your head being cradled like a little baby by your pillow... it is so soft and relaxing... if you want to cover yourself with a blanket you can.

When you are cozy and warm in your bed, close your eyes softly, imagine as if your eyelids are almost like feathers that lightly touch each other. Your eyelids feel so nice to touch and close...

Breathe through your nose filling up your tummy with air....

Imagine your belly is like a balloon that first grows bigger and bigger when you breathe in and then smaller and smaller as you breathe out.

Breathing in again, the balloon of your tummy getting bigger and bigger, and as you exhale... your tummy gets smaller and smaller.

When you breathe like this, your body relaxes and gets ready to sleep and

rest. So, breathe in again, filling the balloon in your tummy as much as you

can... And breathe out... feeling so sleepy already...

Now, just relax and listen to my soothing voice as I tell you this lovely story that puts you to sleep...

Once upon a time, there was a butterfly that liked to visit new places and try new things every day, her name was Sandy.

Sandy is the biggest butterfly you have ever seen... her wings have all the colors of the rainbow, trimmed in black outline... the designs on her wings are so beautiful and make all different kind of shapes... hearts and stars... lines and curves...

