

Guided Meditation

Feel free to amend and add in your own family-specific memories

Close your eyes and take a nice deep breath in through your nose and then, breathe out gently through your mouth- as if you're blowing bubbles or a dandelion clock.

Breathe in through your nose nice and slow and deep and breathe out long and gentle through your mouth.

Keeping your eyes closed allow your mind to take you somewhere special, how about the beach? It's very calm and quiet, there's no one else about- just you and your *grown up*.

You can hear the waves breaking on the sand, the tide is moving in and out, in and out, slow and steady, just like your breath. In and out, in and out.

You can feel the sand between your toes dry and soft and warm.

You can feel the gentle breeze on your body keeping you just the right temperature.

Look out at the vast, blue ocean. It's so big, you can't even see to the other side! Anytime your mind brings up worries, you can think of how small our problems seem when we're standing next to the huge, beautiful sea. You can also take comfort in how the waves always keep going. Whether the seas are calm and easy or stormy and choppy, the waves never fail to wash up and make the shore look brand new – like it has a fresh start!

You look up into the sky and you can see the bright warm sun and a clear blue sky with just one or two fluffy white clouds. They look so soft, you imagine yourself lying on them.

Feel your body relaxing into the soft fluffy cloud as the sea air gently brushes the skin of your face.

Soften all of the muscles in your face, relax your jaw- let your lips gently separate and allow a little gap between your top and bottom teeth. Even let your tongue relax. Soften your cheeks, your eyebrows- let them slide away from each other towards your hairline leaving your forehead smooth and soft.

Your eyelids are gently shut and your eyes are totally relaxed and still, like a hidden rock pool

Relax your neck and shoulders, let your shoulders slide down your back making your neck long and graceful and allowing your throat to open up making more space for each fresh new breath as you breath steadily in and out, in and out, just like the waves.

Feel how the floor supports the weight of your body and feel yourself sinking deeper into it as if you are lying on the warm sand. You are completely supported and protected.

Your arms are getting heavier and heavier, so relaxed. Your fingers are gently curling in towards your palms as if you are holding a small fluffy white cloud in each of your hands.

Feel your heart and lungs lifting and expanding with each breath. You are breathing right into your tummy filling it with a lovely warm feeling of calm and peace. You carry this with you always, wherever you go.

Feel your legs, feet and toes gently flopping outwards heavy and so very relaxed.

Your muscles are relaxed, even your bones. Your whole body is relaxed and supported, melting further into the warm, soft sand. Held safely by the surface below you. You are safe and loved.

Night night. Sweet dreams.

EYFS My Feelings

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