

GUIDED VISUALIZATION FOR KIDS AGES 3 AND UP

FROM THE CREATORS OF *SET MY FEELINGS FREE*,
A CHILDREN'S BOOK THAT TURNS BIG FEELINGS
INTO CALM THROUGH PLAY

BY JON AND JESS FOGEL



DIRECTIONS

Play some gentle yoga music. Speaking slowly and calmly, read the guided visualization below.

READ ALOUD

I want you all to find a comfortable sitting position with both of your feet resting flat on the floor.

Let your eyes gently close, and take a slow, deep breath.

Now... imagine you are standing in the middle of a quiet meadow, just after it has rained.
Really imagine yourself there...

The grass is soft and green, and you are barefoot.

Feel the cool, dewy grass between your toes.

The air feels just right, not too warm, not too cold. A gentle breeze.

Notice the warm sun on your face. You can feel it on your cheeks and your hair.

Take another deep breath in.
The air feels crisp and fresh as it fills your lungs.

As you breathe out, your body gets a little heavier... more relaxed.

Look around in your mind.

What do you see?

Maybe colors? Or trees...? Maybe clouds up in the sky...?

Now listen carefully.

What sounds do you hear?

Birds chirping? A gentle stream trickling nearby? Or maybe it's just... quiet.

Everything sounds calm and unhurried.

There's nothing you need to do here.
Your body can be soft.

Your shoulders can relax.
Your hands can rest.

If there were any big feelings with you before, imagine them sinking down into the ground, like water soaking into the grass.

Take a slow breath in and feel the fresh air fill your body.

Breathe out and feel yourself settle a little more.

Stay in the meadow for just a moment longer.
When you're ready, gently wiggle your fingers and toes.

And when it feels good, open your eyes and come back to this room.



AFTERWARD: DISCUSSION QUESTIONS FOR THE GROUP

- How did you feel before you started the visualization?
How did you feel at the end?
- What did you see or hear when you were in the meadow?
- Would you like to try this visualization again? When would be a good time to practice it?

A COMPANION ACTIVITY TO
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