



guided relaxation

"Beach Relaxation"

with Mellisa Dormoy
of Shambala Kids

Our minds are so creative and powerful that we can transport ourselves to any place we desire, just by imagining it in our minds. As the weather turns colder outside, we can still bring warmth within through our guided imagery meditation this month. We're going on an unforgettable adventure to the ocean. We'll enjoy all the scenery and calm the beach has to offer!

Close your eyes and bring yourself to a calm, quiet place in your mind. Just stay here and relax for a few moments. Breathe deeply and comfortably and notice how amazing the sound of your breath is. Just listen as the air moves in and out.... in.... and out. It is a quiet and beautiful sound.

(pause)

Now imagine transporting yourself magically to your favorite spot on a beach. If you have never been to a beach, just imagine what you think it would be like. Imagine yourself there now. On the beach you feel the lapping of the warm waves against your toes. You dig your toes deeply into the cool wet sand. The sun shines brightly and gently warms your skin. It's as if the sun is reaching down and pouring its love on you.... so warm and so nice.

Feel the rhythm of the calm waves flow over the sand – it relaxes you. Notice how your breathing becomes calm and even. Inhaling

and exhaling slowly and calmly. Paying attention now, you slow down your breathing even further and allow your muscles to relax. Feel the warmth of the sun melting your muscles into complete relaxation. Slowly and easily your body relaxes more and more releasing tension or frustration, releasing any worries or doubts you have. Inhaling deeply again - breathe in calm and peacefulness.

Your body is now relaxed; your mind is relaxed now too. You can empty your mind of all worries or thoughts that have been bothering you. Just enjoy this moment you have now. Right now, only this matters, just relaxing and enjoying this moment. Breathe in deeply and allow the relaxation to flow to any part of your body that needs it. Imagine the beautiful golden warm sun penetrating each and every cell and muscle, making you feel so wonderful and alive! I'm sure you can feel the peace that surrounds you now, letting you know that everything is all right. Take in a nice, deep breath again and bring your attention back to where you are.... along with all the calm, peaceful feelings of relaxation and rest. I know you are feeling energized and peaceful now, ready for a wonderful night's sleep.

This a perfect time to discuss what your child felt during the relaxation, or any worries or stress that came up. Know that your child is in a highly susceptible state right now, so saying positive, loving things is the key to setting up your child's subconscious mind for success!

Guided Imagery Scripts Children

LL Leslie

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

Guided Imagery Scripts Children:

Guided Imagery Work with Kids Mellisa Dormoy, 2016-02-18 A toolbox of scripts for practicing a popular relaxation technique with child clients Guided imagery is a relaxation technique that uses sensory visualizations to engage the mind and imagination for healing It is a simple versatile therapeutic tool that uses scripts to help clients focus and guide their imagination and has been shown to alleviate a host of common emotional issues in kids from anxiety and insecurity to stress anger and the effects of bullying Easier to practice than meditation or hypnosis guided imagery allows kids to quickly focus integrate their thoughts emotions and feelings and practice self compassion all without the need for extraordinary discipline or time investment This concise book lays out all the essential guidelines for using this helpful healing practice in therapy counseling and any type of helping work with children The opening chapters present the groundwork explaining what guided imagery is how it differs from mindfulness and hypnosis how it works and how to integrate it into therapy practice The second half of the book offers dozens of detailed ready to use guided imagery scripts for therapists to follow in their work with children This rich collection of scripts is organized around the most common issues children present with in therapy accompanied by helpful notes for working with particular age groups and illustrated in practice through illuminating case vignettes Issues addressed include Anxiety and tension Stress management Low self esteem Emotional health Difficulty showing empathy Social stress Low energy and lack of motivation And much more Readers will learn techniques to treat a range of child problems and encourage inner healing happiness and goal achievement Small in format therapists can consult this guide any time they want to use a script with a child during the therapy hour It is an adaptable tool for novice and experienced therapists alike to achieve maximum benefits in a minimum amount of time even with no prior knowledge of guided imagery Guided imagery scripts can be used in conjunction with any therapeutic approach and are easily adapted to fit particular needs With the scripts skills and essential principles in Guided Imagery Work with Kids professionals will have everything they need to begin applying this effective method in their work with young clients

The Relaxation and Stress Reduction Workbook for Kids Lawrence E. Shapiro, Robin K. Sprague, 2009 55 activities to help your family reduce stress fear worry become more confident relaxed resilient manage difficult emotions

Guided Imagery Work with Kids Mellisa Dormoy, 2016-02-16 A toolbox of scripts for practicing a popular relaxation technique with child clients Guided imagery is a relaxation technique that uses sensory visualizations to engage the mind and imagination for healing It is a simple versatile therapeutic tool that uses scripts to help clients focus and guide their imagination and has been shown to alleviate a host of common emotional issues in kids from anxiety and insecurity to stress anger and the effects of bullying Easier to practice than meditation or hypnosis guided imagery allows kids to quickly focus integrate their thoughts emotions and feelings and practice self compassion all without the need for extraordinary discipline or time investment This concise book lays out all the essential guidelines for using this helpful healing practice in therapy counseling and any type of helping

work with children The opening chapters present the groundwork explaining what guided imagery is how it differs from mindfulness and hypnosis how it works and how to integrate it into therapy practice The second half of the book offers dozens of detailed ready to use guided imagery scripts for therapists to follow in their work with children This rich collection of scripts is organized around the most common issues children present with in therapy accompanied by helpful notes for working with particular age groups and illustrated in practice through illuminating case vignettes Issues addressed include Anxiety and tension Stress management Low self esteem Emotional health Difficulty showing empathy Social stress Low energy and lack of motivation And much more Readers will learn techniques to treat a range of child problems and encourage inner healing happiness and goal achievement Small in format therapists can consult this guide any time they want to use a script with a child during the therapy hour It s an adaptable tool for novice and experienced therapists alike to achieve maximum benefits in a minimum amount of time even with no prior knowledge of guided imagery Guided imagery scripts can be used in conjunction with any therapeutic approach and are easily adapted to fit particular needs With the scripts skills and essential principles in Guided Imagery Work with Kids professionals will have everything they need to begin applying this effective method in their work with young clients Guided Imagery for Healing Children Ellen Curran,2011-06-21 Their own naturally rich imaginations are one of the best resources for healing children or helping them through difficult times Guided Imagery for Healing Children and Teens shows parents caregivers and wellness practitioners how to tap into this powerful source of healing to help children overcome the pain and discomfort of anything from a minor fever to cancer This easy to use manual includes an explanation of mind body medicine and imagery real life case studies from the author s experience and many rich scripted imageries for both the younger child and teenager Equipped with these valuable tools children can connect with their self healing abilities strengthen their self esteem and enjoy their own imaginations Guided Imagery For Healing Children and Teens (Easyread Large Bold Edition) , *Guided Imagery For Healing Children and Teens (Easyread Comfort Edition)* , *Guided Imagery For Healing Children and Teens (Easyread Super Large 20pt Edition)* , *The Good Kid Toolkit* Rebecca Amelia Holloway, Raising kind confident and resilient kids in today s fast paced world can feel like an overwhelming challenge But what if you had a treasure chest of engaging activities to make character building fun and effective Enter The Good Kid Toolkit your go to resource for fostering positive behaviors in children ages 4 12 Packed with 200 creative evidence based activities this book transforms character education into an adventure of growth and discovery From empathy building games to confidence boosting challenges each activity is designed to nurture essential life skills while creating lasting memories Inside you ll discover Easy to implement activities for home classroom or therapy settings Age appropriate variations to grow with your child Reflection questions to deepen learning and spark meaningful conversations Expert tips for handling common behavioral challenges **Handbook of Medical Play Therapy and Child Life** Lawrence C. Rubin,2017-12-12 The Handbook of Medical Play Therapy and Child Life brings

together the voices and clinical experiences of dedicated clinical practitioners in the fields of play therapy and child life This volume offers fresh insights and up to date research in the use of play with children adolescents and families in medical and healthcare settings Chapters take a strength based approach to clinical interventions across a wide range of health related issues including autism trauma routine medical care pending surgeries both large and small injury immune deficiency and more Through its focus on the resiliency of the child the power of play and creative approaches to healing this handbook makes visible the growing overlap and collaboration between the disciplines of play therapy and child life

The Complete Child Psychotherapy Treatment Planner Mandy Nina Craig, Empower Young Lives with Proven Tools and Strategies Unlock a treasure of 300 evidence based worksheets tools and strategies designed to support children facing trauma ADHD anxiety and autism This guide is a must have for therapists educators and parents seeking practical impactful solutions to promote emotional growth resilience and lasting change Inside you ll discover Step by step guides for managing behaviours and emotions Tools for fostering collaboration between families and schools Printable resources for therapy sessions and home use Digital tools to enhance engagement and progress Backed by real world applications and expert insights this book equips you with the knowledge and resources to build a brighter future for the children you support Transform challenges into opportunities and empower children to thrive this essential guide shows you how

Helping Schoolchildren with Chronic Health Conditions Daniel Clay, 2004-06-02 Designed to help school psychologists and other school based professionals create an optimal learning environment for the 10 15% of students who experience chronic significant health problems this volume provides up to date information cost effective strategies and practical clinical and educational tools The convenient large size format and lay flat binding facilitate photocopying and day to day use Indispensable features include Discussions of specific health conditions and their impact in K 12 settings Interventions to maximize school participation coping and social functioning Guidelines for developing IEPs and 504 plans as required by law Keys to building effective partnerships with parents teachers and medical providers Many reproducibles assessment tools student worksheets parent handouts and more This book is in The Guilford Practical Intervention in the Schools Series Winner American Journal of Nursing Book of the Year Award

The Enhanced CBT Toolbox for Children and Adolescents Mao Theresa Perkins , Daisy Hideko Randolph, 2025-01-21 The Enhanced CBT Toolbox for Children and Adolescents is a comprehensive practical resource for therapists educators parents and caregivers who seek to help children and adolescents navigate the complexities of their emotional and behavioral world This enhanced workbook bridges the gap between the structured evidence based principles of Cognitive Behavioral Therapy CBT and the dynamic ever changing needs of the children and teens in our care With proven frameworks step by step instructions and creative adaptable exercises this book offers tools that are as flexible as they are effective It s not just about following set formulas it s about meeting each child where they are respecting their individuality and guiding them toward emotional regulation mindfulness and healthier behaviors Designed

with empathy and clarity this book ensures that every approach is both grounded in sound therapeutic principles and tailored to the unique needs of each child From role play activities to mindful movement exercises you ll discover an array of tools that keep kids engaged empowered and ready to thrive The Enhanced CBT Toolbox for Children and Adolescents is your trusted companion in fostering emotional growth building self awareness and supporting lasting change whether you re a professional or a caregiver committed to helping children reach their full potential *Toolkit for Working with Juvenile Sex Offenders* Daniel S. Bromberg, William T. O'Donohue, 2014-03-04 Juvenile sex offender therapy has changed markedly since it emerged in the 1980s Toolkit for Working with Juvenile Sex Offenders provides therapists with a summary of evidence based practice with this population including working with comorbid conditions and developmental disabilities It provides tools for use in assessment case formulation and treatment and includes forms checklists and exercises The intended audience is practitioners engaged in the assessment and treatment of juveniles whose sexual interests and or behaviors are statistically non normative and or problematic Readers will find a chapter on academic assessment and intervention a domain frequently not covered by texts in this field Identifies evidence based treatment practice specifically for juveniles Provides tools for assessment case formulation and treatment Covers treatment in comorbid conditions or developmental disabilities Contains forms checklists and client exercises for use in practice **135+ Guided Meditation Scripts (Volume 3)** Jaime

Wishstone, For Yoga Teachers Meditation Practitioners Life Coaches Consultants and Anyone Seeking Healing Stress Reduction Spiritual Connection Sleep Enhancement Self Love Self Compassion Relaxation Personal Growth and Mindfulness Join me on a transformative journey that leads you through diverse landscapes of the mind and emotions This volume is tailor made for yoga teachers seasoned meditation practitioners life coaches consultants and individuals seeking profound self improvement and inner peace Inside this volume you ll find Healing Trauma and Embracing Resilience Explore scripts for healing trauma supportive touch and grounding exercises Cultivate self compassion find your safe place and embark on new beginnings Reconnect with your inner child and start your journey towards harmony and healing Stress Reduction and Mindful Relaxation Discover powerful stress relief visualizations affirmations and breathing techniques Let go of anxiety and tension find peace in the present moment and manage stress mindfully Ground yourself and activate your deep relaxation response with calming scripts Spiritual Connection and Abundance Manifestation Explore your spiritual side with goal manifestation and the law of attraction Dive into distance Reiki healing and connect with your higher self Embrace abundance in all aspects of your life with a mindset of prosperity Enhanced Sleep and Self Love Experience deep and restorative sleep with sleep meditation and white light visualization Calm the overthinking mind and manifest your dreams in the dream world Nurture self love and acceptance with scripts for setting boundaries accepting imperfections and embracing your worth Personal Growth and Mindfulness Mastery Set goals boost productivity and overcome procrastination Cultivate a growth mindset build resilience and become your best self Master the art of mindfulness with scripts for observing thoughts

mindful movement eating and more Love and Relationship Strengthen your relationships with self love and acceptance Nurture intimacy trust and communication in your partnerships Heal a broken heart forgive and find inner peace and harmony in your connections Inner Peace and Confidence Access inner peace through visualizations breath awareness and affirmations Boost your confidence transform troubling thoughts and trust your path Quieten your inner critic practice presence and learn the art of letting go Cultivating Gratitude and Compassion Cultivate a habit of gratitude build compassionate habits and bring awareness to yourself Enhance your body language with standing meditation and envision success in abundance No matter where you are on your spiritual or personal growth journey 135 Guided Meditation Scripts Volume 3 is your trusted companion Whether you re a yoga teacher looking to enrich your classes a life coach seeking powerful tools or an individual dedicated to self improvement these scripts will guide you towards a more peaceful balanced and enlightened life

The Handbook of Jungian Play Therapy with Children and Adolescents Eric J. Green,2014-11 Child and family psychotherapist Eric J Green draws on years of clinical experience to explain his original model of Jungian play therapy The empathic techniques he illuminates in this book can effectively treat children who are traumatized by abuse natural disasters and other losses as well as children who have attention deficit and autism spectrum disorders

How to Hypnotize Your Grandchildren George Toth Lcsw-R,2013-04 The relationships adults have with children begin with life itself first in a mother s womb and forever after the birth of the child These relationships can be fun unique and can positively influence a child from before birth at birth throughout childhood and into adulthood In *How to Hypnotize Your Grandchildren* author George Toth LCSW R explores and demonstrates ways to provide strong unforgettable and powerful influences on children Toth a psychotherapist hypnotist and grandfather of seven shows you how to develop a special hypnotic relationship that focuses on specific mindful and interactive activities *How to Hypnotize Your Grandchildren* helps you foster a calm loving and creative environment in which to nurture permanent positive life skills This guidebook introduces the basic elements of hypnotism and visual imagery explores the roles and boundaries of grandparents children and grandchildren incorporates the elements of *loka*hi the Hawaiian term for aligning the mind body and spirit shows how to nurture children s intuitions and states of consciousness through the beginning use of the mandala drawings and the Mandala Assessment Research Instrument discusses approaching soul guidelines with unconditional acceptance and shows to how develop a more mindful attitude in your interactions with others With charts drawings instructions and case examples included *How to Hypnotize Your Grandchildren* can assist you in strengthening your already powerful relationships and have an important influence on current and future character development

Game-Based Cognitive-Behavioral Therapy for Child Sexual Abuse Craig I. Springer,Justin Misurell,2014-12-02 DELIVERS AN EFFECTIVE ENGAGING NEW TECHNIQUE FOR TREATING CHILDHOOD SEXUAL ABUSE Treating a confirmed or suspected case of childhood sexual abuse is undoubtedly one of the most challenging situations a clinician can face This unique book written by recognized experts on

the evaluation and treatment of childhood sexual abuse is the first to disseminate a comprehensive and integrative approach to treating child sexual abuse that combines the power of structured play therapy with cognitive behavioral treatment

Created by the authors game based cognitive behavioral therapy GB CBT is a complete therapeutic package containing engaging techniques and effective strategies to treat the problems experienced by children and families impacted by sexual abuse The book provides the rationale underlying theory and step by step instructions for providing GB CBT to families affected by child sexual abuse Detailed descriptions of evidence based techniques and required materials are included along with reproducible game boards and other items needed to implement activities These structured therapeutic games and role plays are enjoyable and provide multiple opportunities for children to learn and rehearse such skills as emotional expression anger management relaxation strategies social skills social problem solving and cognitive coping A detailed session framework complete with behavioral expectations and reward systems along with illustrative case examples further demonstrates how to implement GB CBT Also included are recommendations for effective and comprehensive assessment procedures The book describes activities for individual conjoint child caregiver and group therapy that can be used in a multitude of therapeutic environments and can be incorporated into clinical practice across a variety of orientations Additionally it includes information about cultural considerations critical for effective delivery with diverse populations The book also contains strategies for training and educating students and clinicians about GB CBT

KEY FEATURES Delivers an effective new method for treating child sexual abuse that combines structured play therapy with cognitive behavioral therapy Written by the originators of GB CBT recognized experts in this field Designed for use in a variety of settings and with different therapeutic modalities Presents concrete strategies step by step instruction and required materials for treating problems related to child sexual abuse Includes illustrative case examples and a complete description of structured sessions with behavioral expectations and reward systems

Behaviour Barriers and Beyond Rachel Thynne, 2021-11-29 This practical resource helps school staff to reframe behaviour as a means of communicating a need ensuring they can sensitively and effectively support children with a range of Social Emotional and Mental Health SEMH needs and Special Educational Needs and Disabilities SEND With case studies and examples woven throughout the book focuses on relational and strength based approaches to improve mental health and wellbeing self esteem sense of safety and in turn behaviour and educational outcomes All advice is carefully designed to have the maximum positive impact on the child and minimum impact on teacher time and resources Key features include Accessible explorations of a range of difficulties and their effects on school life A variety of supportive strategies tips and advice designed to be easy to implement effectively within a busy classroom A focus on building and maintaining positive relationships making the classroom a safe learning environment Small adjustments can make a huge difference to wellbeing whether they are for those with a diagnosis with SEND with SEMH needs with anxiety or just those having a hard time This book will be an essential tool for teachers SENCOs and school leaders in both

mainstream and specialist settings *Handbook of Child and Adolescent Group Therapy* Craig Haen, Seth Aronson, 2016-10-14 This handbook describes in detail different contemporary approaches to group work with children and adolescents Further this volume illustrates the application of these models to work with the youth of today whether victims of trauma adolescents struggling with LGBT issues or youth with varying common diagnoses such as autism spectrum disorders depression and anxiety It offers chapters presenting a variety of clinical approaches written by experts in these approaches from classic play therapy and dialectical behavior therapy to cutting edge attachment based intervention mindfulness and sensorimotor psychotherapy Because of its broad scope the book is suitable for a wide audience from students to first time group leaders to seasoned practitioners Verbal First Aid Judith Simon Prager, Judith Acosta, 2010-06-01 Words as Medicine What to say to your children to get them through the bumps bruises and crises of childhood Falling off a bike having a bad dream getting stitches sometimes a kiss isn't enough to make it all better But what you say to your child in those first moments of pain or fear could make all the difference Using techniques the authors have taught to doctors nurses and first responders Verbal First Aid™ explains how words can be used to promote healing from burns bruises nightmares asthma attacks and more It provides scripts and tips on how to short circuit traumatic memories sometimes just by speaking a sentence or two This revolutionary book gives parents the responses they need to immediately stabilize their children's emotions And these methods will build a foundation of confidence and inner strength that will help kids heal at the deepest level and weather whatever hardships and difficulties they encounter throughout life

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