





Under the Sea - imagination relaxation

Sit comfortably—eyes closed. Take three long deep silent breaths... In and out, in and out, in and out. Notice yourself starting to feel calm and relaxed. Feel your muscles relax as you listen to the music. Notice your breathing. Slow deep breath in and out. Think to yourself: "I am calm and relaxed." (repeat x 2).

Imagine that you are on the edge of a beach. The sun feels warm on your face. The sand feels warm under your feet. As you look at the water, a mermaid appears and even though you've never met this mermaid, you know you can trust her. She waves to you and you follow her into deeper water. She sprinkles you with magic sparkles and you realize that you can now swim easily and that more, you can breathe underwater. You dive under the warm water and swim with your new friend. The mermaid shows you beautiful fish and the most colorful plants as you swim through the water. You feel alive and free and wonderful and amazed as you swim and see a whole world under the water. The mermaid takes you further and deeper to her home—a beautiful underwater castle. As you look at the castle, you can hear soft, watery music and the music fills you with feelings of peace and calm and happiness. The mermaid whispers to you that the music has been created just for you, to welcome you, to celebrate you because you are worthy of being celebrated. Take a deep breath and take a moment and listen to the music and feel the calm and happiness that comes from it. (pause) After a while, you know that it is time to leave and you turn to swim back to shore, but the music remains in your head and your heart and you know that anytime you need to feel welcomed and celebrated and happy and calm and relaxed, all you have to do is return to the castle in your imagination. Take a deep breath and remember the music you heard and enjoy how good it feels to be calm and relaxed. Feeling calm and relaxed helps us to be better students, better listeners, better friends.

Now think about your classroom and your chair where you are sitting. I am going to count to three and at three, you can open your eyes and lift your heads.

Jungle Trip - imagination relaxation

Sit comfortably—eyes closed. Take three long deep silent breaths... In and out, in and out, in and out. Notice yourself starting to feel calm and relaxed. Feel your muscles relax as you listen to the music. Notice your breathing. Slow deep breath in and out. Think to yourself: "I am calm and relaxed."
(repeat x 2).

Imagine that you are standing on the branch of tree in the jungle. As you look around you see the big green leaves of big green plants. You see flowers in bright oranges and yellows and purples. You see the sunlight come down through the trees and notice the shapes of the dark shadows. Breathe in and you can smell the flowers and the fresh earth. Listen for a moment to hear all the different sounds of the jungle (pause) . . .birds and insects and the wind. Now you notice a long vine and as you pull on it, you realize that it is strong and long enough to swing on—so you take a deep breath in and then swing away. As you swing, you notice another strong vine so you swing onto it. Soon, you're swinging like Tarzan through the jungle. Feel the wind as you swing through the air, smell the heat of the jungle, feel how good it feels to swing and swoop through the jungle. You feel free—as if you are flying. You feel strong as your muscles work to hold on to the vines. Then you land on another tree branch and rest. As you breathe deeply, you notice how good it feels to relax. You feel calm and relaxed. Think to yourself: I am strong. Think: I feel good and calm and relaxed. Think: I can learn anything and everything if I try. Notice how good it feels to be calm and relaxed. Take a moment to enjoy feeling calm and relaxed.

Feeling calm and relaxed helps us to be better students, better listeners, better friends.

Now think about your classroom and your chair where you are sitting. I am going to count to three and at three, you can open your eyes and lift your heads.