

Secret Garden Meditation (child)

What to Know

This 8-minute audio can help your child fall asleep.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever your child needs to feel calm and safe.

Meditation Script

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The sun is shining, the birds are singing, and you feel totally safe. You feel calm and at peace. You see a path in front of you. You notice the smooth pebbles under your feet, and you are captivated by the lush plants and majestic tall trees that gracefully line the way. You make your way down this path one step at a time. There is a soft, gentle breeze blowing and the air feels warm. You feel happy and peaceful.

Just ahead of you, you see a very long, very high wooden fence. Right in the middle of this fence at the end of your path is a huge wooden gate. You make your way to this gate now.

You still feel totally safe, calm, and at peace. One step at a time you head toward the gate, which leads to your secret garden.

You reach the gate and turn the large iron handle. You still feel safe, calm, and at peace. You push the gate open and step through to the other side, quietly pulling the gate closed behind you. As you look up and take a step forward you see in front of you your Secret Garden.

This is your secret place. Nobody else is allowed here but you. Take a look around. What do you see? Do you see flowers and trees? Is there a waterfall or pond? Are there animals in your garden? How does the grass feel under your feet? Why not take off your shoes and feel the soft velvety grass between your toes. The sun is shining, and you feel safe, calm, at peace.

As you take a couple of steps forward you notice a huge oak tree at the end of your garden. Make your way to that tree now. As you walk toward it, notice what you can hear in your secret garden. Can you hear birds or animals? Can you hear the wind gently blowing through the trees? Can you hear the water trickling down from a waterfall or perhaps you can hear the frogs croaking from their lily pads in the pond?

As you reach the tree you are amazed at its size. You stretch out your arms and realize its trunk is so wide you cannot even get your arms around it! You stretch out your arms and give it a great big hug before turning around and sitting at its base. Your back resting gently against the bark, knees bent to your chest with your toes playing with the grass underneath your feet. You

take a deep breath in and breathe out. You feel safe, calm, and at peace. You have never felt this peaceful before!

Your secret garden is sprawled out in front of you and is made up of all the things you love in nature. Take another look around. Can you see anything different this time? You might like to add some butterflies, faeries, dragons, or other creatures you would like to see here. Breathe in and breathe out. Take it all in. This is your secret garden, a place that is just for you. This is a place you can come back to at any time. You just must remember what it looks like and feels like here. What can you smell here? Can you smell the flowers? Maybe you can smell the rain? Do you smell moss, or the earthiness that surrounds you? Breathe in and breathe out.

It is now time to leave, so you make your way back to the garden gate. You feel so peaceful. You reach the gate and take one last look over your shoulder. You feel safe, calm, and at peace. You look back once more, turn the handle, and walk through, quietly closing the gate behind you.

You are back on the path now. Back to where you started. You still feel safe, calm, and at peace. Five more steps and you will be back.

Now, I will count down as you return to the present moment, opening your eyes to return to your day.

5 (pause)

4 wiggle your fingers

3 (pause)

2 wiggle your toes

1 open your eyes and take a big stretch.