

# Big Emotions Meditation (Child)

This 9-minute audio can help your child practice managing big emotions like anger, frustration, sadness, and more.

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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 the following chart to record your child’s daily practice. Make several copies of this chart and keep a record of the time they spend practicing this technique until it becomes a habit. Note your child’s general mood, both before and after their daily practice.

<b>Day</b>	<b>Time of Day</b>	<b>Minutes</b>	<b>Mood Before</b>	<b>Mood After</b>
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

## Meditation Script

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Close your eyes and take a nice deep breath.

Allow your tummy to fill up like a balloon, and then exhale slowly.

Do this five times to really relax your whole body completely.

You'll notice how your body begins to feel deeply relaxed and sinks down further and further.

Your legs begin to feel heavy too.

Your arms now begin to feel heavy and very relaxed.

You enjoy every moment as your body continues to relax with each word I say.

Imagine you're a beautiful dragonfly fluttering about the sky.

You see the lovely green valley below you with lots of colorful flowers, just waiting for you to enjoy. You feel the wind blow against your delicate, lace wings. As the wind touches you, it gently blows away any worries, any stress you feel.

Enjoy how wonderful it feels to be free.

Your mind is so clear and calm.

You are completely peaceful.

You look and feel so beautiful as you allow your true happiness to shine through.

Gliding on the peaceful wind reminds you that you can feel this way anytime you want.

We all experience moments where we feel big emotions, and that's ok.

But you also know that you can deal with those big emotions by breathing deeply, or slowly counting to 5 while you allow yourself to calm down a little before you talk things out with someone you trust.

All these things help us keep calm and feeling good even when we feel very strongly about something.

We all experience many emotions every day. There is nothing bad about any emotion. We just need to realize that we are in control of the emotion and the emotion is not in control of us.

As you continue to fly along as a dazzling, beautiful dragonfly, notice now how the sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it. The earth is a patchwork of color, and you enjoy each moment here, gliding along feeling so joyful and peaceful.

You spread your wings far and stretch. It feels so good. You are ready for an extraordinary day.

Take a deep breath now and exhale slowly.

Take another nice, deep breath, and as you do, imagine yourself floating weightlessly above the green valley, just like the graceful dragonfly. Feel the warmth of the sun on your face and the gentle breeze caressing your skin. Let go of any remaining tension as you exhale slowly.

As you continue to glide effortlessly through the sky, notice the vibrant colors of the flowers below. Each hue represents a different emotion, and you embrace them all with acceptance and understanding. Just like the dragonfly, you can experience a wide range of emotions, and each one serves its purpose in your journey.

Take a moment to acknowledge any emotions that you might be feeling right now. If there's any heaviness or unease, imagine them gently dissolving and being carried away by the soft wind. Allow yourself to be present in this moment, fully aware of your thoughts and feelings without judgment.

In this peaceful state, you realize that emotions are like passing clouds in the vast sky of your mind. They come and go, but you remain anchored in the stillness within you.

The more you practice mindful awareness, the more you understand that emotions don't define you, nor do they control you. You are the conscious observer, the steady presence amidst the ever-changing landscape of emotions.

As you fly higher, soaring towards the fluffy clouds, you notice how expansive the sky is. It represents the boundless potential within you, the unlimited capacity to experience joy, peace, and happiness. Remember that you have the power to tap into this vast reservoir of positivity and calmness at any time!

With your sense of inner peace, you recognize that life is an adventure filled with possibilities. Just like the dragonfly exploring the valley, you can embark on a remarkable journey, guided by your clear and calm mind.

As you move through your day, carry this feeling with you, knowing that you can face any challenges that come your way with grace.

Take one final deep breath, feeling the energy of this serene flight infusing every cell of your body. Hold this feeling of peace close to your heart as you slowly bring your awareness back to the present moment.

When you're ready, gently open your eyes and stretch your body, feeling refreshed and rejuvenated. Carry this peaceful state of mind with you throughout the day and remember that you have the power to stay calm in any situation.

As you go about your day, whenever you feel the need, take a moment to pause, take a deep breath, and remind yourself, "I am peaceful and I am calm, ready for wonderful adventures!" Embrace the dragonfly's wisdom and continue to soar through life with a sense of inner harmony and joy.

Take one final deep breath now, and exhale slowly. When you are ready, give your body a big stretch. With a clear, calm mind, say these words to yourself, "I am peaceful and I am calm, ready for wonderful adventures!"