

Balloon Meditation

Objective

To encourage children to develop their own ways of feeling secure emotionally.

What to Know

This 9-minute audio can help your child relax and feel secure by visualizing their favorite place while on an adventure with a red balloon.

[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 secure.

Meditation Script



Balloon Meditation
Use QR Code to Listen on Your Phone

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Let's get really comfy. We are going to try a meditation, where we relax our bodies and allow our minds to imagine we are having a really nice dream while we are awake.

Find a quiet space and either lie down on your back or your side. You might want to sit either cross-legged or on a comfortable chair.

Let's take a moment to decide which position works best for you.

Now that you have found your spot, have a wriggle and a fidget so your body feels happy. When you're done wiggling, say goodbye to those fidgets and hello to the warm calm feeling you get when you relax and let your body come to stillness.

Rest and breathe gently. You can keep your eyes open for now if you like.

See if you can feel your breathing. You might need to slow it down a little so you can feel what it's doing to your tummy. Making it lift as you breathe in and lower as you breathe out.

Next time, as you breathe out, let your eyes softly close.

Well done. Now you can enjoy the adventure. With your eyes closed, your mind can make the pictures for you. You are outside playing in your backyard. And up in the sky you spot a red balloon floating. You can see it has a little string dangling down.

It's floating down toward you. You wonder, where did this balloon come from? Why is it here?

Now the balloon is right in front of you, like it's waiting for you to take it. You reach your hand forward and take hold of the string.

Now you feel the balloon start to rise again up into the sky. You don't let go and you feel it pulling you up too.

It lifts you right up onto your tiptoes and then your feet leave the ground, and you are floating too – just like the balloon.

Where are we going, you wonder? You relax and let yourself be carried, enjoying the cool air on your skin.

You see green fields down below, and the houses in your neighborhood grow smaller. You can see your friend playing with her puppy in her backyard!

You are above the treetops looking down on them.

Look just up ahead. You see your favorite place in the world. Only you know what your favorite place is.

It could be anywhere. You decide what this place is. See if you can imagine it now. What does it look like? Is there anyone else there? What does it smell like? What do you see?

The balloon takes you right to it, and you are lowered gently so you and the balloon are there now. Look around at this place.

What can you see? Can you hear any sounds? Are there any other people here? Are there animals here? Is this a place you enjoy all by yourself? Does it have a particular smell?

As you stand here with your red balloon, you soak up the goodness and joy of being here in your favorite place. How much you love it. Breathe into it. As you do, you feel completely happy. And with that happiness, you are ready to return with your balloon.

It starts to rise again, and you feel freedom as you float through the sky. Feeling the air on your face and the calm quiet of being up above it all.

The sun is warming your skin, and you see large fluffy clouds floating through the sky. You feel like you can almost touch them!

Your balloon has brought you back to your backyard. It lowers gently and you land on your feet, back in the same spot where the balloon found you. You let go of the string.

You feel thankful and happy that the balloon took you to a place that means so much to you, a place that you love.

The balloon starts to rise again. You smile and watch it go, wondering who it will meet next, and where it will take them. It gets smaller and smaller as it flies away and eventually disappears into the distance.

It's time to come back. See if you can notice any sounds around you now.

Notice your body. Where it touches the ground or the chair beneath you. Enjoy a stretch and a big breath in and out.

Gently open your eyes. Take a second to just notice how you feel. Do you feel different than before your adventure with the red balloon? It's been a real treat feeling all that happiness from visiting your favorite place. I hope you enjoyed it.