

Body Scan Meditation (child)

What to Know

This 6-minute audio can help children deal with anxiety and concerns about their body.

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Meditation Script

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Lie down on a soft and comfortable surface. Close your eyes.

Let your shoulders drop down and away from your ears.

Now, focus on your breathing. Take a slow breath in...and out...and just keep focusing on your breathing.

You'll start to notice things happening in different parts of your body. Try not to think about whether things in your body feel good, bad, uncomfortable, or painful.

Just see if you can notice what you feel. You might notice tingling, warmth, tightness, or something else. It's not about whether these things feel good or bad, it's just about noticing them.

Continue to breathe in...and out...

Notice how your belly slowly fills up with air when you breathe in and slowly goes down when you breathe out. Just like a balloon when you blow it up and then slowly let the air out.

Now, focus on the parts of your body touching the floor, couch, or bed. Every time you breathe out, let your body sink a little deeper into the surface below you.

Now, focus on your left foot and notice what you feel. You don't need to do anything about those sensations, just notice them.

Now focus on the bottom of your left leg or calf. Notice any sensations. Don't need to do anything about them, just let them be there.

Now, focus on the upper part, or thigh, of your left leg. Whatever sensations you feel, just let them be there. If you don't feel anything right now, that's okay, too.

Now, focus on your right foot and leg. Just notice all the feelings and sensations.

Just notice. You don't need to do anything about them.

Your mind may wander off and you'll start thinking about other things. When you notice your mind has wandered just bring it back to your breath. Just focus on your breathing.

Now focus on your belly. Feel it rising as you breathe in, and sinking as you breathe out. Nice and slow.

Keep breathing in... and out...

Continue to notice any feelings or sensations in your belly. Do you feel a fluttery feeling, like butterflies? Is it growling because you're hungry? Just notice how your belly feels right now.

Now focus on your left hand and arm. Notice what you feel. If you don't feel anything right now, that's okay.

Now focus on your right hand and arm. And just notice what you feel. Keep breathing in and out, feeling more and more relaxed and calm.

Now focus on your chest and shoulders. Do your shoulders feel tight, or open and loose? What's happening in your chest right now? Just notice how it feels.

Let's move to your neck and face. Feel the sensations in your jaw and your throat. Notice how the back and the top of your head feels. Does it feel light, or heavy? Continue to breathe slowly, in and out.

Now, notice your whole body and how every part is connected. What do you feel? Tingling, warmth, coolness, heaviness, or something else?

Notice what you feel without thinking about it as being good or bad, or that you must do anything about it. Just notice.

Now focus again on your breathing. Notice your lungs fill up and come down as you breathe in and out. Keep focusing on your breathing.

When you are ready, begin to wiggle your fingers and toes, and slowly open your eyes.