

Tips For Leading Relaxation Scripts with Children

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1. **Notice your own state of mind:** Before guiding any sort of guided imagery, it is important that you bring awareness to your own emotional state and practice self care to promote a relaxed state of mind. Children can feel if you are truly relaxed and at peace or not and your energy will have an impact on their ability to relax. Ground yourself by breathing or practicing a centering activity if you feel tense or stressed out. Remember, this should be an enjoyable experience to the children as well as yourself.
2. **Set the stage:** Set up an environment that is comfortable and free of distractions. Involve the children in helping design this space in meaningful, fun ways.
3. **Set the tone:** Notice your volume as you are guiding the relaxation. Use a soft, but clearly audible voice. Background music can greatly enhance the relaxation experience. To cultivate an habitual relaxation response, repeat the same music.
4. **Set the pace:** Read slowly and steadily and set a pace that allows children the opportunity to experience what you are leading them into in their imagination. Notice your breath and allow it to gradually slow down as you are reading the script. Your children's breathing pace will eventually mirror your own.
5. **Notice the response:** Sense children's response as you are leading the relaxation. Set your expectations based on children's age and focus on promoting an enjoyable experience for everyone involved. With practice, children will be able to have a longer, deeper relaxation experience.