

The Tree Meditation

Lie down and close or cover your eyes with an eye pillow.

Let's take a deep breath in and sigh it out of your mouth. If your body still feels wiggly, shake it out gently, sway your head from side to side, take another deep breath in and sigh it out.

Push the back of your legs into the floor and then relax.

Push the back of your hands into the floor and then relax.

Push the back of your shoulders into the floor and then relax.

We're going to use our imagination to go on a journey through our minds, so try to stay focused on my voice and keep your eyes closed.

Imagine that you are walking along a path in the forest. It's quiet and calm, and you feel safe. The sunlight is shining above your head and through the trees, making the entire forest look colourful and bright.

Take a moment to look around the forest, notice what you see and hear.

[PAUSE FOR 3-5 BREATHS]

You see a big, beautiful tree ahead of you. Notice how it looks.

Look at it's leaves and branches. The roots pushing deep in the ground.

You walk over to the tree, notice how it smells and how strong it looks.

[PAUSE FOR 3 BREATHS]

You lie or sit down beneath the tree, feeling it's strength. It is a very powerful tree. You take some deep breaths in, breathing in the strength and power of the tree.

[PAUSE FOR 8-10 BREATHS]

It's time to leave the tree. Say thank you in your mind, knowing that you can come back to the tree, any time that you need to feel strong.

Take a deep breath in and a long, long breath out.

Start to wiggle your toes and fingers, give yourself a big hug by pulling your knees into your belly and wrapping your arms around your body.

Roll to one side and come back up to sit.



Guidance Tip

After doing the meditation, you can ask children if they would like to discuss, draw or write about their tree