

Nighttime Guided Meditation Script for Kids

This is an example of a meditation that you can guide your kiddos through before bed to help them settle their mind and bodies, and sleep deeply and peacefully. It includes: calming breathing exercises, body scans, and positive thinking that reinforces their basic socio-emotional needs. Language can be simplified for kids younger than three years old.

I included an audio example for you to reference (you can find that at <http://www.kendallheaton.com/free-meditation>), but note it is best for you to talk your own kiddos through the process as your loving voice impacts their developing inner voice.

Approximately 8 minutes

Intro

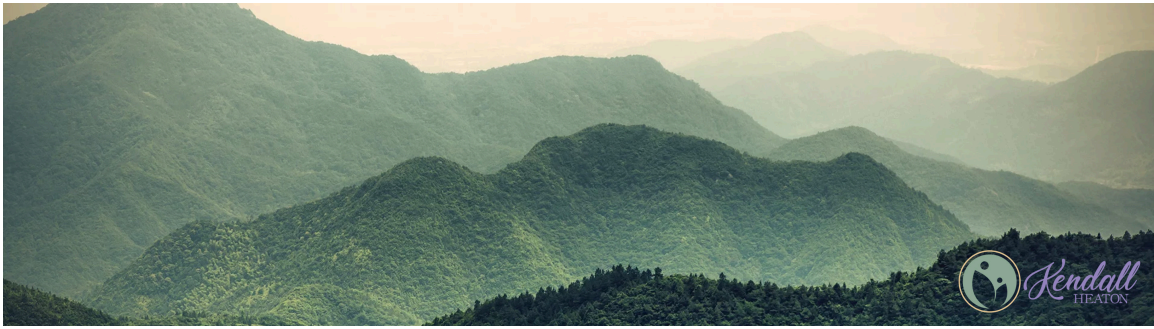
And getting ready to settle in for a good night's sleep. Letting your mind know there is nothing it needs to think about or figure out. Letting your body know there is nothing it needs to do. Just relaxing and settling into your cozy bed for a good night's sleep.

Thanking and letting go of the Day

Thinking about the day. Anything that was good/fun and anything that was challenging. We are just going to wipe it away and leave it here in this day *[making stroking motions down their back or whatever feels comfortable]* Saying thank you for the day and making space for a new day tomorrow. *[Note: this builds resiliency and reinforces the concept that you can't change the past, but can make new choices tomorrow]*

Safe and Loved

Again, letting your mind and body know it is time to slow down. Nothing it needs to do, but rest and relax. And feeling the mattress underneath you, solid support holding you. Cradling you to sleep. Completely safe and sound. *[Note: this reinforces your child's emotional need of feeling safe and supported]* And feeling the blanket around you. Wrapping you up in all the love from everyone that loves you. Your mommy, your daddy, your sister, your friends, your teachers, your grandmas, your grandpas, your cousins. *[insert the people that make sense for your family]*. Everybody that loves you so much, exactly the way you are. *[Note: this reinforces the concept of unconditional love and belonging, and supports your child's socio-emotional well-being and self esteem]* Wrapping you up in love. Safe and sound, and ready for bed.



Relaxing Breaths- Activating the Parasympathetic Nervous System (Rest & Digest)

We are going to start by doing some belly breaths and letting your belly move up and down. Smell the flowers (*inhale through your nose*), blow out the candles (*exhale through your mouth*); Smell the flowers (*inhale through your nose*), blow out the candles (*exhale through your mouth*); And one more-- Smell the flowers (*inhale through your nose*), blow out the candles (*exhale through your mouth*). And feeling your body start to relax more and more.

Body Scan- Fosters Body and Self-awareness; Supports Interoceptive Sensory Skills Note: You can lightly touch, scan or stroke the area you are guiding them to relax. Whatever feels comfortable for you and your child.

And now we are going to check in with all of your body parts and get them ready for bed. Feel your head on the pillow; getting soft and heavy; sinking down into your pillow. Completely relaxed. And feel your face soften and relax. Nothing you need to do or think about. Just completely relaxed. Feeling your neck and your shoulders getting heavy and melting into the bed. And feeling your arms get heavy and sinking down. From your shoulders, your elbows, all the way to your hands and fingers. Completely relaxed.

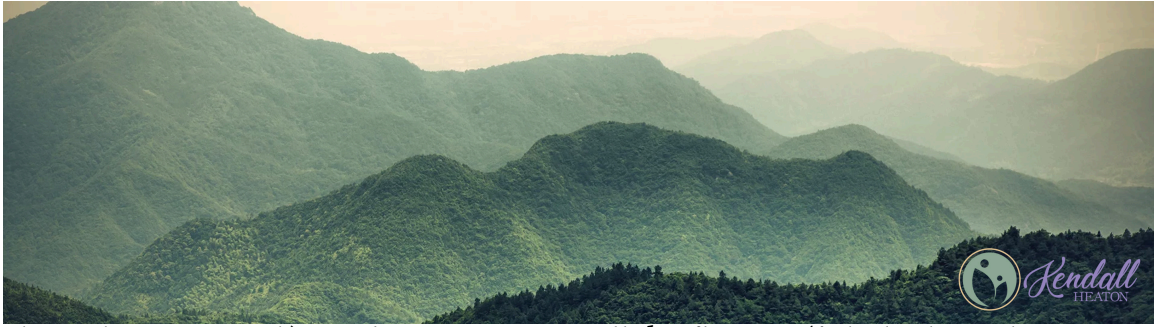
And feeling your heart and your chest soften and relax. And your belly soften. Digesting all the food from the day. And feeling your back get soft and heavy; relaxing into the bed. Your back completely relaxed.

Feeling your legs that have been carrying you around all day. Knowing that they can take a break. And you can feel them relax muscle by muscle. Melting into the bed. From your hips to your knees; all the way down to your feet and your toes. [*Other leg*] From your hips to your knees; all the way down to your feet and your toes.

And feeling your whole body safe and sound, completely loved, ready for sleep. Relaxed all the way from the top of your head. All the way down to the bottom of your feet.

Closing with Belly Breaths

And now we are going to end with a few more belly breaths. Smell the flowers (*inhale through your nose*), blow out the candles (*exhale through your mouth*); Smell the flowers (*inhale through your nose*), blow out the candles (*exhale*



through your mouth); And one more-- Smell the flowers (*inhale through your nose*), blow out the candles (*exhale through your mouth*).

You can end with your go-to bedtime song. Ours is Goodnight by the Beatles. ☺