

Your Secret Garden Relaxation Script

Find a comfortable spot to lie down. Lying down is preferable because your entire body can relax. Allow your hands to rest lightly on your thighs or just beside your legs. Gently close your eyes. Begin to take a deep breath in through your nose and let it out through your mouth. Take another deep breath in and see if you can let the breath out without pausing in the middle. Now follow me in your imagination. We are going to first take a playful walk through a maze. Follow me! First we turn right and walk down this very beautiful path. Oops, turn left. Now right again. That was fun! Now we are coming to the end of the maze, I can see the light at the end. Out in to the bright light we walk and find a very comfortable place to sit down. As you sit here, take a deep breath and get your body comfortable. Check in with the backs of your knees. See how they feel. (Pause) Good. If you feel like it, see how your earlobes are feeling. You probably haven't checked in with them for a while. Beautiful. You are doing a good job.

Now take another deep breath in and when you let it out, begin to breathe normally. In your imagination, imagine that you are beginning to walk down a very peaceful path. A gentle breeze is blowing. You might hear some birds in the distance. You are feeling very comfortable and calm as you walk peacefully down this path. (Pause) Soon you come to a gate that is partly hidden behind some pretty vines. Walking up to the gate you see that your name is part of the iron bars....a gate with your beautiful name on it! Next, you carefully slip behind it. As you step further behind the vines you find yourself in the most beautiful garden you have ever seen. (Pause) There are walls that surround the garden, hiding it from the outside, making it a secret just to you. Tall trees growing up to the sky, making a canopy over your head. This is your very own secret garden.

No one knows about it but you. No one is here but you, only you. If anyone else is here right now, please ask them to leave. In this place time stands still. There is nowhere to be, no one to be with, right now it is just you: you and your secret garden. No one can come in without your permission and right now this is time just for you. (Pause)

You are free to add whatever you like within these walls. Perhaps you would like more trees? Or your favorite flowers? Maybe there is a fountain or a waterfall? Begin to explore your garden. Maybe you want to skip from tree to tree, bush to bush or flower to flower? Or possibly want to bend down and feel the soil or plant a flower. Take a moment to just explore. (Pause) Your garden is yours alone. No one can come in without your permission. It is safe. It is secure. It feels so good to be inside your garden. What does it look like? Maybe add a little more sand to the path or a few more butterflies just to see how you create your own garden? There might be some animals visiting. It is all up to you. (Pause) In a few moments, you walk further into the garden and find a beautiful special place to lie down for a few moments. Maybe you lie on the grass or on some soft sand, whichever you wish. As you lie there, you begin to relax and let go, letting the ground hold you completely. (Pause) Feel as if you are melting into the ground. If there is any tension in your body, it just melts away. Any thoughts you no longer want, melt away. Memories that you no longer want, just melt. (Pause, pause, pause)

As you lie there, completely at peace, feeling so good, so relaxed, you know that you are enough being in this place. Being who you are is enough. (Pause) In this place you are so content. This is your special place. (Pause) After a while you feel that it is time to leave, knowing that you can return to this place anytime you want. It is always here. Your secret garden

is always available to you. So, you get up and begin to walk back out the way you came, down the path, through your beautiful garden, and to the gate. Pausing, you look back, knowing you can return when you want, knowing that you take with you all that you have felt here, knowing that if you want to feel this way again, you only have to think of your secret garden, and these peaceful feelings will return. Breathing in and breathing out, you walk through the gate and return your attention back to the room around you.

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