



## **Introduction**

Find a quiet, comfortable spot where you can sit or lie down. Close your eyes gently, or if you prefer, keep them slightly open. Take a deep breath in through your nose... and slowly let it out through your mouth. Imagine we are going on a calming journey together to a magical place inside you, where you feel safe, brave, and strong.

## **Meditation Script**

Imagine you are walking through a beautiful, peaceful forest. The sunlight streams through the trees, and a soft breeze carries the sound of birds singing. You feel safe and calm here. The ground beneath your feet is soft, and every step you take fills you with warmth and light.

As you walk, you notice a friendly guide waiting for you. It could be an animal, a wise tree, or a glowing light—whatever you imagine. Your guide smiles and says, “Welcome. I’m here to remind you of how amazing and strong you already are.”

Your guide leads you to a quiet, sparkling lake in the forest. The water is so clear that you can see your reflection. Look into the water now and see yourself smiling back. Your reflection looks confident and ready. You notice that you are standing tall, your shoulders are relaxed, and your heart feels light.

Your guide whispers, “Inside you, there is a special kind of magic. It’s the magic of believing in yourself. Every time you take a deep breath, this magic grows brighter, like a warm golden light inside your chest.”

Take a deep breath in... and imagine this golden light spreading through your body, from your head to your toes. Feel it filling you with calm, bravery, and excitement for the day ahead. Breathe out slowly and feel any worries floating away, like leaves drifting on the lake.

Your guide says, “Whenever you feel nervous, remember this golden light. It’s always with you. You can find it by breathing deeply and saying to yourself, ‘I am brave. I am strong. I am ready for anything.’”

Now imagine yourself walking into your school. You see yourself smiling as you step into your classroom. You are ready to make new friends, learn new things, and have fun. You feel calm and proud of yourself because you know you can handle anything that comes your way.

Your guide says, “You can come back to this place anytime you need to feel strong. Just close your eyes, breathe deeply, and remember the golden light inside you.”

Take one more deep breath in, feeling the golden light grow even brighter, and let it out slowly. When you’re ready, gently wiggle your fingers and toes, and open your eyes. You are ready to shine!

### **Music Suggestions**

Pair this meditation with calming, instrumental music to enhance relaxation and focus. Here are some options:

1. “Weightless” by Marconi Union – Perfect for reducing anxiety.
2. “Calm Within” by Laura Sullivan – Soft piano music for a peaceful experience.
3. “Deep Relaxation” by Peder B. Helland – Gentle and calming melodies.
4. Search for “Relaxing Instrumental Music for Kids” on platforms like YouTube or Spotify for child-friendly options.

Encourage children to use this meditation regularly, especially before school, to build confidence and ease transitions.

Available for free at [Resources | Little Life Warriors Play Therapy](#)

Let's Connect!

Contact us to explore how we can make this milestone fun and successful for your child.  
You've got this—and so do they!

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