

## BODY SCAN FOR CHILDREN AND TEENS

### *Guided Script:*

- Let's begin. Breathe in slowly through your nose to the count of 4: 1-2-3-4 and breathe out even more slowly like you are blowing a huge bubble, through your mouth to the count of 8: 1-2-3-4-5-6-7-8. Now just breathe normally.
- Bring your attention to your left foot. Just notice your left foot, including your toes, heel, bottom or your left foot, top of your left foot. Notice what it feels like.
- Then move up your left ankle. Notice how your left ankle feels. Pay attention to whether there is any pain there, is it cold, or hot, does it feel light or heavy?
- Then pay attention to your left leg starting at the bottom, up to your knees and thighs, all the way to your hips at the top of your leg. Notice if your left leg feels tight or relaxed, warm or cold, light or heavy.
- Now pay attention to your right foot. Just notice your right foot including your toes, heel, bottom of your right foot, top of your right foot. Notice what it feels like.
- Then move up your right ankle. Notice how your left ankle feels. Pay attention to whether there is any pain there, is it cold, or hot, does it feel light or heavy?
- Then pay attention to your right leg starting at the bottom, up to your knees and thighs, all the way to your hips at the top of your leg. Notice if your left leg feels tight or relaxed, warm or cold, light or heavy.
- Now pay attention to both legs from your toes up to your hips. Be still, breathe and send your legs some kind and loving thoughts.
- Now move your attention to your belly. Just notice what's there. Feel how your belly feels. Let it be the way it is. Send love and kindness to your belly.
- Now pay attention to your back starting with your low back all the way up to your shoulders. Notice how your back feels. Sit for a moment just noticing your back.
- Now give your attention to your fingers, thumbs, wrists, arms and shoulders. Just notice how your arms feel.
- Now pay attention to your neck and throat. Swallow and notice how your neck and throat feel.
- Now pay attention to your face: your chin, your mouth, your cheeks, your eyes, your eyebrows, your forehead and finally your ears.
- Now bring your attention to your head, including your hair and scalp and your brain inside your head.
- Now take a big belly breath and fill your whole body with a cushion of air. Blow the air out gently like you are blowing a huge bubble and let go of anything that needs to go.
- Open your eyes and bring your attention back to the room

Note: For a shorter body scan, do both legs at the same time.