

A sleep visualization script that reminds kids that their body knows how to fall asleep, helping them fall asleep:

As you get ready to go to sleep, take a moment to appreciate your amazing body. Your body knows how to do so many things, without you even thinking about it. Your heart beats, your lungs breathe, and your brain thinks, all without you having to do anything.

And you know what else? Your body knows how to fall asleep. It knows exactly what to do to help you get the restful sleep you need.

As you lie in bed, close your eyes and take a few deep breaths. Feel your body becoming more and more relaxed with each breath. Imagine that you are floating on a soft, fluffy cloud, carried by a gentle breeze.

Now, let yourself sink deeper into that cloud, feeling its softness and warmth surrounding you like a cozy blanket. Let yourself become more and more relaxed, knowing that your body knows how to fall asleep.

You might start to feel your breathing becoming slower and deeper, as your body prepares to drift off to sleep. You might feel your muscles becoming more relaxed, your thoughts becoming quieter.

As you drift off to sleep, remember that your body knows exactly what to do to help you get the restful sleep you need. It knows how to slow down your heart rate, calm your mind, and help you relax.

And if you wake up in the middle of the night, feeling restless or anxious, remember that your body knows how to fall asleep. Take a few deep breaths, and let yourself sink back into that soft, fluffy cloud. Trust that your body will take care of you, and help you drift off to sleep once again.

So as you lie in bed, feeling more and more relaxed, remember that your body knows how to fall asleep. Trust in its wisdom, and let yourself drift off to sleep, knowing that you are safe, protected, and cared for.