

Special Place Script

Begin by taking a few easy breaths....

breath in, breath all the way out...

Breathing in.... this time, see if you can send the warm energy of your breath to any part of your body that is tense or sore or tight...

release the tension with your exhale...

and breathe it out....

Any unwelcome thoughts that come to your mind,

those too can be sent out with your breath...

release with the exhale... push the thoughts of tests, recess, and any of that school or home stuff out of your mind.

Breathe... Just for a moment, your mind is empty...

any emotions that are rocking around in there... those too can be seen and sent out with your breath....

You can be still and quiet.

Now, imagine a place where you feel calm and peaceful and easy....

a place either from your imagination or real....

a place you've been before....

or somewhere you've always wanted to go....

it doesn't matter....it's your place...

a place that feels good and safe and peaceful to you...

Allow this place to become real to you.... look around you....

take the place in with your eyes.... What do you see... enjoy the colors.... the scenery....

look over to your right.... and over to your left...

Now, listen to the sounds of your place.... whatever they might be.... birds, ocean waves, the gallop of a horse, become familiar with all the different sounds that your special, safe place has....

What are you sitting or lying against in your special place... feel it.... the texture of the ground beneath you...

feel the air on your skin.... notice the temperature of your place... are you cool, warm...

inhale.... notice the smells in your special place....



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Notice what time of day it is...
enjoy the light and the peaceful time of day...
Notice, take it all in.. with all of your senses....
how amazing and beautiful is your special safe place ...
You are feeling thankful and happy to be there....
You let your body relax.....
you feel great.take it in with every full, deep breath....
all the way down into your belly...
Moving through your legs.... Your feet... all the way down to the tips of your toes...
feel the warmth and power of your place.... soaking into your skin.... down through
your muscles and bone.... all the way to each and every cell.... reaching down to the
peaceful stillness at your very center....breathe your place in.

Your place is always here...
you know that you can come back to this place whenever you wish to...
whenever your body or mind need to relax, chill a little...
you will simply find a quiet time and place, get comfortable and imagine yourself in
your special place..
Begin wiggling your fingers and your toes...
as you slowly come back into your space...
opening your eyes whenever you feel ready.