



Guided Meditation



Visualise

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There are many resources that show the positive impact of guided meditation/reflection/positivity/gratitude/visualising.

There are many youtube videos to guide you on how to practice the art of meditation.

Using our senses/deep breathing are key to bringing us to the present, helping us focus and finding our purpose. Managing our emotions is vital for the progression for the future generation, and this can be achieved by acknowledging, understanding and applying the tools available.

When reading the stories below, you can play soothing/calming nature sounds in the background. The visualising stories can be used for older children and adults, and can also be simplified for younger children.



Anger - Fire and Waves

Close your eyes and begin to take a deep breath in for 5 seconds and out for 5 seconds. Focus on your breathing, and clear your mind.

Imagine that you are strolling on the aqua blue ocean. Below, you see the colourful corals, swaying gently, whispering soothing words.

Everything will be okay
You are brave
You are calm
You will get through this

Your eyes follow the tranquil fish swimming through the seaweed. The silence allows you to hear the sound of the rippling water. You sit in the middle of the ocean, gazing at the vast expanse around you. You take a deep breath in, and out, smelling the fresh air.

You bring your hands together in front of you; your palms are towards the sky, side by side. You look at the fire that rests on your hands. Taking a deep breath, you slowly prepare to blow it away. Clearing your mind, you take a deep breath, and blow away your anger. Your hands are left with grey smoke. The memories that made you feel the heat inside your body, and created a cloud around your mind, has diminished. You take your hands and gently dip it into the cool water. With both your hands, you splash some clear water on your face. The water removes all your worries and soothes your skin.

You feel calm and cool within you.

Let go of the anger
Let go of the hate
Hold on to the love



You stand up and look around, absorbing the beauty of the world. Slowly, you amble towards the sandy beach. Learning to accept the crashing waves as part of the beauty of the ocean, you walk away and appreciate this moment. This moment of silence. This moment of peace.

Take a deep breath in, and out, take your time to slowly come back. Grateful for every moment. Ready to feel the joy in everything you do. Slowly open your eyes when you are ready.

Sadness- Sky and Darkness

Close your eyes and begin to take a deep breath in for 5 seconds, and out for 5 seconds. Focus on your breathing, and clear your mind.

Imagine that you are walking on a cobble street. You smell fresh bread being baked around you. An old man on his bicycle rides past you, with a warm smile.

You feel the bumps on the path you have chosen to walk. Passing by a dismal alleyway, the darkness blocks your vision from seeing the beauty around you. Your senses long to be awoken, but your vision is lost. Seeping through the crevice, is the glinting sun rays, upon your bare feet. Your eyes move towards the light, and you see words in front of your feet.

I am grateful for the sun and the warmth
I feel peaceful
I feel happy



Looking up at the sky, your eyes follow the path of the rays. The clear sky above you makes you feel peaceful. You have hope. You have faith. You see a beautiful white dove soar above you. Her graceful wings are spread out, appreciating the breeze that helps her fly with ease. Grateful for the space and the freedom to move. To feel. To smell the fragrance.

You take a deep breath in and out, ready to look within to find hope. You smile at the vendor, who returns your gift, with a smile. You see the beauty in everything you pass. You see the love in what surrounds you. Ready to pass the happiness to others, you begin to stroll back to the dilapidated building you once wanted to leave behind.

You feel warmth
You feel love
You are grateful

Take a few deep breaths. Reflect on your thoughts and how you feel inside yourself. Enjoy the warmth. Enjoy the peace. Slowly open your eyes when you are ready.

Bravery - Fear and Mountain

Close your eyes and begin to take a deep breath in for 5 seconds and out for 5 seconds. Focus on your breathing, and clear your mind.

Imagine it is a hot summer day and you are climbing up a vast mountain. You feel the zephyr slowly diving into your hair. Your hands are trembling while you climb, and every time you look up, it seems as if the sun keeps shuffling closer to you. You look down and your heart starts beating as fast as a cheetah trying to catch its prey. You repeat to yourself...

I am grateful

I am positive

I can do it



The view ahead is wonderful, and you can just about see the miniature trees waving at you. The wind shuffles across, gently blowing the grains of sand over your feet. You clear your mind and look at the lovely vegetation surrounding you. Standing at the pinnacle of the towering mountain, a fragrant smell darts around you as you take in the fresh air.

Taking your first step down the mountain, you see tiny rocks rolling past you. Visualising yourself, rolling as confidently as the rocks, you envision yourself as being sturdy and fearless. Gripping the sides of the mountain, you make your journey downwards to a host of opportunities. Overcoming fears you never realised you had.

Feeling brave

Feeling confident

Feeling safe

You take a deep breath in, as the final step at the bottom of the mountain brings you joy. It brings you confidence. It brings you courage.

You are amazing

You are strong

You have faith



Take a few deep breaths. Reflect on your thoughts and how you feel inside yourself. Appreciate the strength within you. You are ready to face the world. You are ready to embrace the opportunities. Slowly open your eyes when you are ready. Feeling calm. Feeling present.

Fear- Anxiety

Close your eyes and begin to take a deep breath in for 5 seconds, and out for 5 seconds. Focus on your breathing, and clear your mind.

Imagine that you are walking along a winding road with paintings consisting of flamboyant colours. Azure for the ocean and crimson for flowers, reaching out to you from the marble frames. Within the paintings, you see your dreams. You envision a home where you sit amongst books, which you dive into. Knowledge which settles by your side, and a magic key which takes you to secret passages, to answer your questions, to help you overcome your fears.

As you continue to walk on your pathway, you bang into a brick wall. Each brick contains your fear. As your heart begins to beat faster, you stop and slowly take in a deep breath, in and out. You realise that the bricks are not secured, and you slowly pick up one brick at a time, saying to yourself.

I will be brave

I will be focused

I will remove my fear

I will not worry about what I cannot change

I am enough



As you remove the bricks one at a time. You begin to see a glimpse of the sky. You hold your head up and walk bravely, believing in yourself. Believing that you are capable of achieving what you set your mind on. Your mind is clear and your vision is vast. Ready to make a change in your life. Ready to remove any brick that comes in your way.

You feel confident

You feel safe

You feel positive

Take a few deep breaths in and out. You have let go of the thoughts you cannot change and you begin to focus on what you can change. The difference you can make, and the power you are endowed with.

Hope- Motivation

Close your eyes and begin to take a deep breath in for 5 seconds and out for 5 seconds. Focus on your breathing, and clear your mind.

Imagine you are in a dense forest. You sit upon a swing, tied securely to the branches. The bark has roots which go deep beyond the earth. Further than our eyes can see. Yet, the trunk of the tree stands firmly, giving shelter and respite to many living things. The scent of the leaves, refreshes your sense of smell. Grateful for the ability to recognise the intricate detail of the gifts granted to us.

The breeze gently passes between your finger tips. Using the tips of your finger, you feel the roughness of the rope, and admire how such a simple, yet profound item, can give you solace. The beauty of finding its purpose, makes you appreciate and understand that every part in life has a place. You swing gently, as you grasp the rope. Grateful. Happy.

You hear the breeze whispering.

I am hopeful

I have a purpose

I feel safe



As you repeat these phrases, you continue to take a deep breath in and out. You look around and see a deep hole within the tree. A faint light begins to seep through, showing the way to an ant that moves within the grooves of the bark. It moves around, in hope for food. You take a crumbled biscuit out of your pocket and place it in front of the ant. Your purpose and presence has been achieved through an act of kindness. You are the vessel for which the Universe requires, in order to create a balance.

You are important

You are kind

You are incredible

Take a few deep breaths in and out. You have understood how important you are. You believe in the changes you can make, and the power you are endowed with. Slowly open your eyes when you are ready, and feel the strength within yourself to show the world the kindness that continues to grow inside you. You feel hopeful and have faith in a beautiful future.