

**Tip Sheet 7: Imagery script to use with child age 5-10 as a relaxation exercise.**

Have the child sit in a comfortable position with arms and legs uncrossed. Instruct him or her or him using the following script:

- Let your eyes focus gently on a point in front of you. Take a deep slow breath through your nose (inhaling) making your tummy fill up like a balloon as you take air in. Let the air out through your mouth with a slow and gentle “whoooosh” sound . Continue to take slow, deep, breaths. (let the child take approximately 3-4 more deep breaths).
- As your eyes become heavy, let them close and begin to relax the muscles in your body. Let your legs feel heavy as you let go of the tension in your muscles. Continue to take deep breaths. You feel your arms growing heavier and deeply relaxed. Your arms and legs feel heavy, and relaxed.
- Slowly focus your thoughts on the image of a garden. Imagine you are walking through a beautiful garden, the air is fresh and the sun is sending out gentle rays that touch and warm your face. The sky is blue and clear, without a cloud in sight. The garden is calm and peaceful, and you can hear are your own footsteps and the birds calling to each other. The green of the trees is lush, and there are bright red roses lining the brick path where you walk. Scattered between roses are brilliant yellow daisies swaying in the gentle breeze.
- There is someone patiently waiting for you in your garden. Your steps become quicker with excitement as you walk to see who is hiding behind the other side of the tree. But before you reach the tree, your guest comes out from hiding and you see a cuddly black and white panda bear cub is waiting for you. As you reach him and put your arms around him, you feel the warmth of his fur on your skin. This panda loves being cuddled and holding children close.
- Your Panda Bear has lots of fun secrets to tell you and fun places to take you. He takes you by the hand and leads you down another path that you have not explored. The trees are bending over and murmuring welcome, and the stones and pebbles are moving out of your way so that you won't trip. There in front of you is a bamboo thicket, and hidden inside is the panda's family. As you follow him in, you notice some colored rubber balls lying around. As you pick one up other panda cubs surround you and wave their paws with excitement. You can see in their little dark button eyes that they want to play. For hours you roll around in the soft green grass and laugh and play. Finally the mom Panda Bear gathers you all together to tell you a story. You and the cubs snuggle up and listen as he reads you your favorite story...

