

Special Star



A body scan is a part of mindfulness that can help us to relax. In this game, we imagine a special star in the night sky that helps us relax our bodies and minds. Read the script with your child and help them to connect with their body.

1. Sit or lie down comfortably with your eyes closed. Breathe naturally, noticing how it feels to breathe in and out.
2. Imagine that there is a star in the sky just for you. It can look like anything at all—it can be any colour, made out of any material, and it may change from moment to moment and day to day, just as everything changes. Sometimes large and sometimes small, sometimes bright and sometimes dim, your star is always there.
3. Let's feel the warmth of the star on different parts of our bodies.
 - As the starlight shines on your forehead, feel your forehead relax and imagine that all of the stress and strain of the day fade away.
 - Then imagine that the starlight shines on your shoulders...arms...hands...chest...belly and lower back... legs...ankles...and feet.
 - And finally, imagine your whole body relaxing in the warmth of the starlight.
 - Feeling relaxed, and with our whole bodies bathed in starlight, let's rest a little while longer.
4. When you're ready, sit up slowly and reach your hands to the sky. Take a deep breath in and lower your arms as you breathe out.

Why not draw the star that you imagined?

How did you feel before and after the 'body scan'?

Book resource used:

Mindful Games by Susan Kaiser Greenland