

LET'S RELAX!



Musical Meditations for Children

Special Price £4.99

From

Magic Parrot Productions

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15 Visualizations on a one-hour CD

BUY SAFELY ONLINE – THIS CD CAN ALSO BE DOWNLOADED WORLDWIDE

Originally prepared for children aged 7-13, but has also proven popular with older age groups and people with special needs

Introduction If current research is correct, today's children are growing up without learning how to relax. They are not having enough opportunities to develop their own creativity. They are not always directly encouraged to develop their imagination, concentration, peace of mind and self-awareness.

Children respond well to positive comments. These recordings make good use of positive affirmations which enhance children's self-confidence and self-esteem. Children thrive in positive atmospheres where they feel valued. Benefits of feeling valued include increased patience, better concentration, enhanced listening skills, improved communication skills, and a sense of belonging. Affirmations help children to develop self-belief and promote caring behaviour and good citizenship.

These meditations and visualisations are gentle, enjoyable escapist fun in their own right. But more importantly, they are intended to help young people to explore their inner consciousness, to lower stress, to develop a feeling of calm security and expand their self-confidence, creativity, and self-esteem.

CD LISTING

- 01 Let Go- *Let all your muscles relax!*
- 02 The Softest Sofa- *Sink into it and relax!*
- 03 Small Object- *Visualise your most precious objects!*
- 04 Positive Thoughts 1- *Unleash the power of positive thinking!*
- 05 The Oak Tree – *Be as strong, calm and mighty as an oak tree!*
- 06 The Magic Bubbleship- *Go for a ride in a wonderful spaceship!*
- 07 The Seed- *Explore the tranquil rhythm of nature!*
- 08 The Star- *You are a child of the universe, as bright as a star!*
- 09 Mountain- *You can tackle any obstacles, even a mountain!*
- 10 Positive Thoughts 2- *Be a positive happy citizen!*
- 11 Relax Your Muscles- *Progressive Muscle Relaxation is fun!*
- 12 Positive Thoughts 3- *It's wonderful to be alive!*
- 13 The Secret Room- *Relax in a magic room of your very own!*
- 14 The beach- *No more school! Relax in the sun!*
- 15 A Colour Walk- *Encounter relaxing moods in a world of colour!*

Special CD

The scripts for these musical tracks are on the CD if you need them.

(Access them with a right click of your mouse)

01 LET GO

Close your eyes, settle into a nice comfortable position, and we will spend a few minutes relaxing your body. First of all, let your body go all loose and limp and floppy. Allow your weight to sink into the floor. Let all your muscles relax.

Think about how comfortable your body feels when it is relaxed.

Check that no muscles are tight. Let your arms go limp and floppy. Now your shoulders, your back, your head, your stomach, and your legs.

Now think about your breathing. Breathe gently through your nose. Feel the air going through your nostrils. As you breathe in and out allow your breathing to become slow and calm.

Sink deeply into the warm feeling of relaxation.
Become so quiet inside that you can feel your heart beating.

Listen to the music as you check again that your body is completely relaxed. Is your face relaxed? Are your shoulders, arms and fingers limp and floppy? Relax your chest, back, stomach, legs, knees, and toes.

Now you are very calm, very happy, very peaceful and very relaxed.
Whisper these thoughts as I say them.

I can relax.
I know how to let go.
I know how to be calm.
I know how to be peaceful.

When you are ready, open your eyes, have a little stretch and get ready to enjoy the rest of your day.

02 The Softest Sofa in the World

Get ready to listen and relax. Try not to let anything disturb you from your thoughts.

Be very calm and quiet and listen to my voice. I am going to help you relax. I want you to relax all the tension in your muscles. Are you ready?

Close your eyes. Imagine you are lying on a big wide sofa. Sink into the deep velvet cushions. Get really really comfortable. This is no ordinary sofa. This is the most comfortable sofa in the world!

You feel warm and safe and secure, and you are lying on your back feeling happy and lazy.

First of all, let your ankles relax and let your feet sink into the sofa. That's it. A warm glow is spreading through you as you relax your legs. Feel your hips sink downwards. Now, let the tension in your spine melt away completely. Good. Now it's time to relax the tight muscles in your tummy. Well done. Feel your chest rising up and down slowly as you breathe gently in...and out.....in...and out. Let your arms go floppy and relax your hands.

Let your head sink deeper into the soft cushions, and allow the muscles in your face to relax.

You are now deeply deeply relaxed. Every muscle is at rest.

Keep breathing nice and slow and deep.
Keep nice and still. Concentrate really hard and whisper these thoughts as I say them.

I know how to relax my body.
I know how to relax my mind.
I am a very special person.

Well done. Take one more slow deep breath. When you are ready, open your eyes.

03 Small object

The aim of this exercise is to make you feel more peaceful and more calm. Any tension or nervousness you are feeling should go away. Relax and be still- very very still. Empty your mind completely. Breathe slowly and feel yourself drifting away into a peaceful and relaxing place.

Now think of a small personal object that you really really like. It might be a gold ring or a necklace. It might be the watch you got for your birthday. It might simply be a yellow flower in your garden. Maybe it's your favourite badge or a coloured marble or even a small pink teddy. Think of that small favourite object. See it in your mind. Feel it in your hand. Focus all your attention on your object as you breathe in and breathe out slowly and deeply.

Try not to let any other thoughts or feelings enter your mind. If they do, just return your attention to the object. And focus on it and feel totally relaxed. Be ready to tell us all about your object. Is it soft? Is it special? Is it warm? Is it shiny? Is it pretty?

Free Preview!!

Free Preview!!

04 Positive Thoughts 1

In this exercise, we are going to think positive thoughts. We are going to release the stress in our mind and body.

Get into a comfortable position away from anyone else, where you can relax easily.

Good. Okay, I am going to give you some positive thoughts. Think about each one in your head as I say them.

My mood is calm and relaxed.

I can cope well.

I can get on with my life during these times of stress.

I deserve to feel good right now.

I think thoughts that make me happy.

It's cool to think positive thoughts.

Positive thinking makes me feel good about myself and my life.

I feel peaceful and relaxed.

My breathing is slow and calm.

My muscles are relaxed and comfortable.

I am thankful for all the good things in my life.

My body is healthy and strong.

I enjoy eating delicious healthy foods.

I listen to others and show an interest in them.

I listen to music which calms me and soothes me.

I am full of energy and self-confidence.

I help others.

I am a good person.

I am a wonderful kind person.

I deserve health, happiness and peace of mind.

The world around me is full of beautiful things.

I share my life with good friends who care about me.

I support other people and I know how to be a good friend.

I love being me.

Well done. Open your eyes and try to think positive thoughts all day!

END OF PREVIEW- (Eleven more brilliant tracks on the CD!!!!)