Guided Imagery Scripts

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Tips for the Best Guided Imagery

- Have students either lie down or sit in a comfortable position.
- Before starting, encourage relaxation among your students by practicing at least one breathing technique- Ujjayi is the best for relaxation (see below). Follow this breathing exercise with 30 seconds-one minute of natural breathing.
- Ask students to close their eyes if they wish. Closing your eyes optimizes the guided imagery but never make students uncomfortable- if they don’t want to close their eyes, don’t make them! Guided imagery doesn’t work if students are uncomfortable. Having their eyes open is fine as long as they are paying attention and not making distractions.
- Speak slowly and softly, but loud enough that your students can hear you.
- The ellipses in the scripts are meant to signal a pause in your speech. This pause can be as long as you like. However, keep in mind that younger children have a shorter attention span than tweens and teens so the longer you pause the more likely it is that they will become distracted during that pause.
- Music: it is okay to play some light music in the background during guided imagery. Keep the music low and instrumental, preferably the same song on repeat or a really long song. This way there is no distraction by the change of tone/volume/instruments of songs. No music with words! This is too distracting! You can also do guided imagery without music, or you can use music during the pre-guided imagery relaxation time and, once the music stops, start your guided imagery script.

To come out of guided imagery, allow for some silent time after your script is complete. Then ask students “Wiggle your fingers...wiggle your toes...slowly wake your body up. When you are ready, open your eyes, and come into a sitting position” (if they are lying down. If they are already sitting, stop at “open your eyes”).

Once the guided imagery is complete and your students are all sitting up on their mats, take the opportunity to talk to them about the guided imagery- how they felt during the guided imagery, what they thought it was about, how it relates to “real life”, etc. For example, if your guided imagery script is about bullying, have a conversation with your students about bullying afterwards to make sure they understand that bullying is not okay.

Have fun with it! These scripts are simply guidelines. Add your own spin on them or use them as a guide to create your own guided imagery scripts.
Ujjayi Breathing

Ujjyi breathing is a breathing technique also known as Ocean Breathing. Inhale slowly through the nose with your mouth closed, filling your body with oxygen starting at the lower belly, to the ribs, to the chest, to the throat. Then exhale through the nose, starting at the throat, to the chest, to the ribs, to the lower belly. This is a great breathing technique for relaxing muscles and slowing heart rate, creating a sense of calm and peace within the mind and body.
Guided Imagery Scripts

Kicking Negative Emotions

Take a deep breath in ... slow breath out. Relax all the muscles in your body. Inhale...Exhale...Inhale...Exhale...Allow your breath to take you deeper and deeper into relaxation...Allow your body to feel heavy...as though you are sinking into the floor...Inhale...Exhale...Inhale...Exhale...

Imagine you are standing on the soccer field...There, in the middle of the field, is a soccer ball. You slowly walk to the ball and begin to kick it around. Back and forth...up and down the field you kick the soccer ball. Notice how kicking this ball makes you feel...

Now imagine any negative feelings you have are inside the soccer ball...Anger...Frustration...Sadness...Stress...Anxiety...There they are, huddled together, inside the soccer ball you are kicking around...

Back and forth...up and down the field you kick the soccer ball. On your next kick, you lift your leg SUPER high...and kick that ball right out of the field. There it goes...flying through the air...taking your negative emotions with it. The ball lands softly in some grass on the other side of the field.

They are gone...all of those negative emotions you were feeling are gone. You feel so much better...so much more relaxed...

Your heart is full of love...happiness...You smile as you look to the other side of the field and see your negative emotions so far away from you.

Inhale...Exhale...Inhale...Exhale...Take a deep breath in and imagine your whole body filling up with love and happiness. You deserve to feel love...to feel happiness...Inhale...Exhale...Inhale...Exhale...
**Jellyfish**

Take a deep breath in ... slow breath out. Relax all the muscles in your body. Inhale...Exhale...Inhale...Exhale...Allow your breath to take you deeper and deeper into relaxation...Feel your body sinking into the floor as you relax every muscle in your body...Allow your body to sink deeper and deeper...Inhale...Exhale...Inhale...Exhale...

Imagine that you are a jellyfish...floating in the ocean with your friends. As you inhale, your tentacles pull you down...as you exhale, your tentacles push your forward...deeper and deeper into the ocean...Inhale...Exhale...

You are floating...floating...The ocean is beautiful...the colors...the sounds...the animals...

You float by a school of fish, say “Hello!” and continue on your way. Pulled downward as you inhale...pushed forward as you exhale...Inhale...Exhale...Inhale...Exhale...

You are so happy...so relaxed...floating around the ocean. You are so relaxed...feeling so light and airy floating around the ocean...Inhale...Exhale...Inhale...Exhale...

The ocean is huge...and you could float forever...

*This script goes great with ocean-sounding music. If you use music, take longer pauses with this script for added visualization of inhalations and exhalations as jellyfish tentacles/jellyfish floating in the ocean.*
Sunshine

Take a deep breath in ... slow breath out. Relax all the muscles in your body. Inhale...Exhale...Inhale...Exhale...Allow your breath to take you deeper and deeper into relaxation...Pay close attention to your heartbeat as you breathe...Notice how your heartbeat slows as you breathe deeply and relax your muscles. Allow your body to sink deeper and deeper into relaxation...Inhale...Exhale...Inhale...Exhale...

Imagine you are walking along a stream...the water shiny with the reflection of sunlight...flowing gently and steadily beside you as you walk...you stop and place your hand in the water...feeling the sunlit water between your fingers...

You continue walking along the field until you come to a large field of flowers...the sun is shining bright, warming your body...there is a warm, gentle breeze...

You turn your face toward the sun and smile, soaking in the warmth it gives off...

Take a deep breath in and imagine that warm feeling spreading throughout your body...flowing like the water in the stream...from your face to your neck...to your chest....down the right arm...and the left arm...to your hands...and your fingers...

Imagine that warm feeling in your belly...spreading to your hips...down your right leg...and your left leg...to your ankles and feet...and your toes...

Your whole body feels warm...flowing with warmth from the sunlight...just like the water in the stream...Take a deep breath in...a slow breath out...You love the sun and how it makes you feel...Inhale...Exhale...You smile, feeling happy and warm all over...
Bonus Guided Imagery Script!
**Avengers**  
(This guided imagery is to be used after a yoga class)

Take a deep breath in ... slow breath out. Relax all the muscles in your body. Inhale...Exhale...Inhale...Exhale...Allow your breath to take you deeper and deeper into relaxation...Pay close attention to your heartbeat as you breathe...Notice how your heartbeat slows as you breathe deeply and relax your muscles. Allow your body to sink deeper and deeper into relaxation...Inhale...Exhale...Inhale...Exhale...

Imagine you are sitting at home...you hear a knock at the door. You slowly get up from your chair and open the door. You can’t believe it! It’s Captain America and Black Widow! They have had a long day of saving the world. Their next mission is to relax, and they need your help! You take a deep breath in...a deep breath out...and agree to help them with their mission.

You show the Avengers all of the things you learned in yoga today...[pose]...[pose]...[pose] [you can name poses for as long as you like]. After showing the Avengers how to do yoga, you teach them a breathing exercise. Take a deep breath in... fill your belly...Exhale, let it all out...Inhale, fill your belly...Exhale, let it all out...Inhale...Exhale...

The Avengers loved your yoga class and thank you for helping them with their mission! They are very relaxed now! You are very proud of yourself for helping the Avengers...You take a deep breath in...a slow breath out...and smile to yourself as you walk back home. You are very happy...