

Super Soren Guided Imagery for Courage & Confidence



BACKGROUND & OVERVIEW

Guided imagery is a gentle but powerful technique that focuses our imagination in proactive, positive ways. Guided imagery is a meditative process that brings awareness to the mind-body connection. It's a wonderful way for children to listen and connect with their inner wisdom.

This guided imagery exercise allows children to feel the same awakenings of strength, courage and peace that Soren experiences in the book. Children will feel more empowered, confident and calm.

Have your child either lie down or sit cross-legged in a relaxing space. Instruct them to simply follow along with you. Read the narrative below to your child at a slow, leisurely, pace. Edit, emphasize, and repeat the script below if necessary.

GUIDED IMAGERY SCRIPT

Close your eyes and relax. All you need to do is simply listen and rest. I'm going to ask you to imagine seeing and feeling things in your mind. Don't worry if you can't imagine too much. Whatever you see and feel is perfect.

Take three deep breaths in and out to begin. Breathe in. Breathe out.
Breathe in. Breathe out. Breathe in. Breathe out.

Imagine that you are outside on a warm spring day.
Feel the warm sunshine on your face. Smell the fresh air.
Breathe in. Breathe out. Breathe in. Breathe out.
Listen to the birds singing the sky. They fly so peacefully.
On the ground under your hands you feel soft, green grass.
Gently touch it. Stroke it back and forth, back and forth.
You feel very happy and calm resting here.



Super Soren Guided Imagery for Courage & Confidence

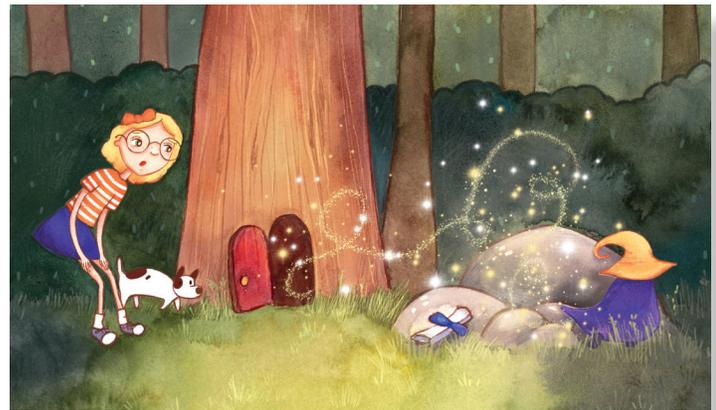


SCRIPT CONTINUED FROM PAGE 1

Put your hands over your heart and gently hold them there. Can you feel your heart beating? If you cannot feel it very much that's okay. If you do feel it, that's perfect too. Whatever you feel is just right.

Keep your hands over your heart as you breathe deeply and slowly into your lower belly. Whatever feels right for you is perfect.
Breathe in. Breathe out.
Breathe in. Slowly breathe out.
Slowly breathe in. Slowly breathe out.

Repeat each of these things after me, in your mind.
I am brave.
I am strong.
I am smart.



Feel bravery and strength in your heart. Know in your mind that you are smart. You have courage, power, and strength that you never knew existed. Even if you don't feel it, it's there. When things are tough, breathe deep and remember you are brave, strong and smart.

One more time repeat these things inside your head, or say them aloud, whichever you prefer. Make sure your hands are still on your heart.
I am brave.
I am strong.
I am smart.

Now, it's time to return from this nice spring day where you felt happy, calm and strong. Whenever you need to come back to this day, simply take three deep breaths in and three breaths out and you'll be here. Gently, slowly, open your eyes. How do you feel?



Build confidence and courage in a magical adventure. Get a copy of Super Soren on Amazon