

Guided relaxation

Beach meditation for kids

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With the arrival of the summer, so eagerly awaited by everyone, comes the long-dreamed-of vacation. Today, I will take you to my favorite place for a holiday, and I invite you to visit it with me with the help of your best friend – your imagination. Get comfortable, close your eyes, mentally pack your backpacks and sunglasses, and fill yourself with plenty of good mood. Take a deep breath in and slowly exhale. And once again – breathe in deeply and exhale. Relax your body completely...

Our journey begins from the peaceful little village where I live. We travel along wide streets lined with tall trees, their branches swaying gently in the breeze. Smiling children wave cheerfully and greet us with a warm welcome. Wave back if you wish! As we leave the village behind, the road leads us through an ancient forest, its shade gently shielding thousands of tiny flowers from the scorching sun. With their heavy, time-worn branches arching from both sides of the path, the trees have formed a long, green tunnel. Only the sharp call of a lonely bird breaks the silence and serenity here.

After winding roads and a few small meadows, the forest is behind us, and the most enchanting sight unfolds before our eyes – the endless blue sea. So warm and boundless, it welcomes us with its crystal-clear waters. The sun shines brightly, and our bare feet eagerly sink into the soft sand. We walk, breathing in the fresh salty air deeply and singing merrily along with the seagulls!

This meeting with the sea is the magic of summer, wrapping us in its web of wonders! In the distance, a ship can be seen, and somewhere on the horizon, the sky and the sea merge into one. We stand on the shore, carefree, happy, and dreamy, leaving all worries and pains behind. Now, we are here, and nothing else matters – just us and the sea...





Notes

The waves gently wash over our feet, inviting us to enter the water, pure and sincere, and to remain forever friends with the sea, communicating without words!

We slowly immerse ourselves in the clear water and swim freely among the fish that have come to the shore, surrounding and getting to know us. Chasing the waves, we listen to the sea, which captivates us with its secrets. It tells us stories of tireless fishermen, great sailors, mythical mermaids, and wondrous ruins waiting to be discovered by brave explorers. We stay quiet and simply listen...

Before us, all of the sea's secrets unfold, and it continues to caress us with its waves and whisper with the breath of the wind. The endless expanse enchants us and fills us with peace.

We return to the shore to admire some of the sea's treasures. Like tiny diamonds scattered across the sand, colorful stones of different shapes and seashells glisten. We dig our fingers into the damp sand and fill our hands with the sea's treasures. We smile and give thanks for its generosity. We sit and take in all the beauty around us...

As the sun slowly hides its warm rays, the sea kisses us goodbye, leaving an unforgettable mark in our hearts. We are ready to go back home, refreshed, and filled with energy and new strength. The sea lives inside us now, it is our new friend, forever anchoring itself in our hearts. It is the place that will always be waiting for us whenever we need to share our worries and our triumphs...

Breathe in and out slowly, gently move your toes, then your fingers, and when you are ready, open your eyes!

Thank you for joining me on this special journey. I hope you enjoyed it and would love to hear what made an impression on you and how you feel right now!