



HAPPY WOODLAND MEDITATION

I invite you now to gently close your eyes and take in a nice deep breath.

Allow your tummy to fill up like a balloon and then blow out gently.

Let's do this five times to really relax your whole body completely. Your body begins to feel deeply relaxed and sinks down further and further. Your legs begin to feel heavy. Your arms begin to feel soft and relaxed. You enjoy every moment as your body continues to relax with each word I say.

Now I would like you to imagine you have the most amazing wings on your back. Can you think about how they would look? You can choose their colour and size and what they are made of. Now can you imagine feeling the gentle warm breeze on your face inviting you to fly? The wind blows delicately against your wings and as it blows it gently takes away any worries you might have. You are completely free. As you begin to fly you allow your true happiness to shine through and you allow a little smile to spread across your face as you think about all the things that make you happy. You hear the wind again and you hear it give you a special secret message. It asks you to go and find the best woodland you can imagine for you to make it your happy place.



So as you fly with the warm sun on your back, you glide from side to side gently. You are swishing up and down through soft green grass and fluffy clouds. You are flying above lots of different woodlands now.

The first one you spot has thousands of Christmas trees and they are covered in soft bright white snow. In this woodland live snow rabbits and white owls and deer with white fluffy tails who spring and skip through the trees. And all the animals in this woodland live happily together. The sounds in this forest are of crunchy footsteps in the snow and gently falling snowflakes on your eyelashes. You hear icicles crackling and owls hooting. Could this be your happy place?

As you carry on flying through the air another woodland appears below you. This one is a multicoloured rainbow forest. In this woodland there are hundreds of tiny fairies and elves with glow in the dark wings. They fly around and whenever they land on a flower it comes alive! This woodland smells of fresh flowers and all your favourite fruits! Fresh apples, juicy pears, fruity watermelon and delicious grapes! Here you can listen to the sounds of the fairies singing and the elves playing tunes on their guitars and pianos. Could this be your happy place?



The next one you spot is a candy woodland! In this one, you can eat everything you see! The tree trunks are made of flaky chocolate and the branches and leaves are candy floss! The river is strawberry milkshake and the flowers are made of smarties and lollipops. The clouds are marshmallows and the mud is cake. You can taste all the amazing flavours and you can smell them too! You can hear the milkshake river swishing and the marshmallow clouds fizzing and the smartie flowers crunching! Could this be your happy place?

The next woodland is the disco one. In this woodland you can dance all day and night to your favourite songs! The trees are covered in bright colourful lights and spinning shimmery disco balls. In this woodland you dance with unicorns and mermaids and narwhals! You hear your favourite songs. You can smell popcorn and raspberry ripple ice cream! Could this be your happy place?



Now, it is up to you to choose your happy woodland. Which one will you choose? The Christmas trees, the magical fairies, the candy or the disco? As you choose, your wings gently take you down to land softly in your happy place. Each time you take a deep breath in and out you get closer to your happy woodland. When you land you have a look around your happy place. And you think about all those things that make you happy. You notice that you feel really happy in this moment. In this place.

And when you are ready you can gently flutter your eyes open and have a big stretch. And whenever you need to (if you feel sad or lonely or worried) you can always fly back to your happy woodland. All you need to do is take some big breaths and imagine yourself flying there!

