

Guided Imagery and Relaxation Activity for Ages 6-12

A Daffodil is Blossoming

Directions:



Imagine that you are a daffodil bulb buried beneath cool soil in a garden. Through the darkness of the rich, black soil you see a glimmer of sunshine. Through the rich, black soil, you smell fresh air. You want to know more about the sunshine and more about the air. It is exciting! You wiggle in the soil and you can feel that from the bottom of your bulb, you have grown deep roots. To your surprise there is a little green stem emerging from the top of your bulb. Suddenly your green stem and feel more sunshine. Your green stem can feel the cool, fresh air. The air is cool but the sunshine feels warm. You grow taller and taller and taller. From the top of your stem a bright and beautiful flower blossoms. Your roots are deep in the ground keeping you steady and your flower petals stand proud in a beautiful garden.

Guided Imagery and Relaxation

